



# GROUP EXERCISE TIMETABLE

Day	Time	Session	Facility	Price
Monday	18:15 - 19:00	<b>Santa's Circuits</b>	Sports Hall	£6.00 (HH) or £7.00
	18:15 - 19:00	Body Balance	Function Room	£6.00 (HH) or £7.00
	19:15 - 20:00	Zumba	Sports Hall	£6.00 (HH) or £7.00
	19:15 - 20:00	Boxercise	Function Room	£6.00 (HH) or £7.00
	20:30 - 22:00	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
Tuesday	09:30 - 09:55	Core Crunch	Function Room	Gym Members Only
	10:00 - 10:25	Kettlebell Blast	Function Room	Gym Members Only
	12:30 - 13:30	Silver Circuits	Sports Hall	£4.50 (HH) or £5.00
	18:30 - 18:55	Ab Attack	The Gym	Gym Members Only
	19:00 - 19:25	Kettlebell Blast	The Gym	Gym Members Only
	19:30 - 19:55	Ab Attack	Function Room	Gym Members Only
	20:00 - 20:45	Legs, Bums & Tums	Function Room	£6.00 (HH) or £7.00
Wednesday	09:30 - 10:15	<b>12 Days of Fitmas</b>	Function Room	£6.00 (HH) or £7.00
	10:30 - 11:15	<b>Sleigh it! Aerobics</b>	Function Room	£6.00 (HH) or £7.00
	11:00 - 12:30	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
	14:00 - 15:30	Afternoon Club - Table Tennis	Games Room	£4.00 (HH) or £4.30
	14:30 - 16:00	Afternoon Club - Badminton	Sports Hall	£4.00 (HH) or £4.30
	19:15 - 20:00	<b>Festive Bootcamp</b>	Outside	£6.00 (HH) or £7.00
	20:00 - 20:45	Body Balance	Games Room	£6.00 (HH) or £7.00
Thursday	09:30 - 10:15	Tai Chi	Function Room	£5.50 (HH) or £6.50
	10:00 - 10:25	Legs, Bums & Tums	Sports Hall	£3.50 (HH) or £4.00
	10:30 - 11:15	Zumba Gold	Sports Hall	£6.00 (HH) or £7.00
	12:30 - 13:30	Silver Circuits	Sports Hall	£4.50 (HH) or £5.00
	14:30 - 16:00	Afternoon Club - Badminton	Sports Hall	£4.00 (HH) or £4.30
	18:15 - 19:00	<b>Christmas Combat</b>	Function Room	£6.00 (HH) or £7.00
	19:15 - 20:00	Stretch and Tone	Games Room	£6.00 (HH) or £7.00
Friday	09:30 - 10:15	Body Balance	Function Room	£6.00 (HH) or £7.00
	19:30 - 21:00	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
Sunday	09:00 - 09:45	<b>Festive Bootcamp</b>	Outside	£6.00 (HH) or £7.00

## Session Information:

- Bookings for all sessions open from the day before at 10am.
- Where possible all bookings should be made via telephone: **0118 9216969**.
- The number of people that can attend each session is limited.
- Please try to remain socially distant from others before, during and after sessions and please do not attend any of our sessions if you are feeling unwell.
- Please note that there will be no sessions between 24<sup>th</sup> December 22 and 1<sup>st</sup> January 23.



**W: [www.woodley.gov.uk](http://www.woodley.gov.uk) E: [sports@woodley.gov.uk](mailto:sports@woodley.gov.uk) T: 0118 9216969**

*All sessions shown on the Group Exercise Timetable are free of charge for active members of The Gym on the Park, unless marked with an asterisk (\*).*