



# GROUP FITNESS CLASS TIMETABLE

Feb 2020

Monday			Tuesday			Wednesday		
Bootcamp	07:00-07:45	Hall	AquaFit	07:00-07:45	Pool	Barbelles (ladies)	07:00-07:45	Hall
AquaFit	10:00-10:30	Pool	Dancefit *	09:20-10:20	Studio	Pilates **	09:30-10:30	Studio
Flex-a-cise	10:00-11:00	Studio	Zumba Gold *	10:25-11:25	Studio	Senior AquaFit	10:00-10:30	Pool
Body Conditioning	11:00-12:00	Studio	Swim lesson (toddler)	10:30-11:00	Pool	Pilates **	10:30-11:30	Studio
Swim lesson (toddler)	11:30-12:00	Pool	Barre Fitness	11:30-12:15	Studio	Indoor Cycling	11:00-11:45	Cycle Zone
Express Pilates	12:00-12:45	Studio	Adult Swim lessons	12:30-13:30	Pool	Swim lesson (toddler)	11:30-12:00	Pool
Step	18:00-19:00	Studio	Senior Active 	12:30-13:15	Studio	Stand and Balance	11:45-12:30	Studio
Indoor Cycling	18:00-18:45	Cycle Zone	Stand and Balance	13:30-14:15	Studio	Swim lessons	17:00-18:30	Pool
Walking Football	18:00-19:00	Hall	Pilates (Scout hut)	15:00-16:00	Scout Hut	Boxercise 	18:00-19:00	Studio
WOWW!	19:00-19:45	Studio	Indoor Cycling	18:00-18:45	Cycle Zone	Indoor Cycling	18:00-18:45	Cycle Zone
Social Badminton	19:00-20:00	Hall	Run Fit	18:00-19:00	Hall	Chi Yoga (6 weeks)	19:00-20:00	Studio
			Pilates	18:00-19:00	Studio	Swim Fit	19:15-20:00	Pool
			StrongFit	19:00-20:00	Hall			
			Improver Pilates	19:00-20:00	Studio			
Thursday			Friday 			Saturday		
Pilates **	09:30-10:30	Studio	Indoor Cycling	10:00-10:45	Cycle Zone	Swim lessons	08:00-10:30	Pool
AquaFit	10:30-11:00	Pool	Swim lesson (toddler)	13:30-14:00	Pool	Dynamic YOGA	09:30-10:30	Studio
Pilates **	10:30-11:30	Studio	Senior Active	13:15-14:00	Studio	Dynamic YOGA	11:00-12:00	Studio
Indoor Cycling	18:00-18:45	Cycle Zone	Move to Improve ***	14:15-15:00	Studio	Indoor Cycling	12:00-12:45	Cycle Zone
Kettlecise	18:00-18:45	Studio						
Indoor Football	18:00-19:00	Hall				Sunday		
Dynamic YOGA	19:00-20:00	Studio	*** Please arrive 10 minutes before start			Tai Chi	11:00-12:00	Studio
						Swim lessons	10:30-12:00	Pool
						Teen Fit	14:00-16:00	Gym

- Studio - Low/Med Intensity
- Studio - High Intensity
- Cycle Zone
- Pool

\* Zumba/Dancefit payment direct to instructor, as this class is not part of any Centre Membership

\*\*Classes are limited to 18, on a first come first served basis (except bookings taken for indoor cycle classes and highlighted pilates classes)

Activities may be subject to change for School use, or discontinued by giving 2 weeks notice

**Open Weekdays**

07.00– 14.00, 18.00– 21.00

**Weekends**

Sat - 08.00– 18.00\* & Sun– 10:00– 18.00\*

\*Last Entry 17:00 at weekends

WWW.SHERBORNEsports.CO.UK  
E: gym@sherborne.org

T: 01935 810548



SHERBORNE SPORTS CENTRE



@SHERBORNEsports