MARPLE

GROUP EXERCISE timetable

MON	TUE	WED	THU	FRI	SAT	SUN
6.45 - 7.15am **Body Conditioning**	6.45 - 7.15am **Strength**	6.45 - 7.15am **Strength**	6.45 - 7.15am **Circuits**	6.45 - 7.15am **Body Conditioning**	9 - 9.45am **Zumba Gold**	8.45 - 9.30am **Body Pump**
6.45 - 7.45am **Reformer Pilates***	6.45 - 7.45am **Reformer Pilates***	6.45 - 7.45am **Reformer Pilates***	9.30 - 10.15am **Body Conditioning**	6.45 - 7.45am **Reformer Pilates***	10 - 11am **Yoga**	8.45 - 9.45am **Reformer Pilates***
9.30 - 10.15am **Body Pump**	9.15 - 10.15am **Reformer Pilates***	9.40 - 10.40am **Body Pump**	9.30 - 10.30am **Reformer Pilates***	9.30 - 10.15am **Decades Reloaded**	10 - 10.45am **Glutes & Core**	9.40 - 10.40am **Body Combat**
9.30 - 10.15am **Pilates**	9.30 - 10.15am **Decades Reloaded**	9.30 - 10.30am **Reformer Pilates***	10.45 - 11.30am **Body Combat**	9.30 - 10.30am **Reformer Pilates***	11 - 11.45am **Strength**	10 - 11am **Reformer Pilates***
10.30 - 11.30am **Yoga**	10.30 - 11.15am **Zumba Gold**	10.50 - 11.35am **Pure Stretch**	10.45 - 11.30am **Hatha Yoga**	10.30 - 11.15am **Zumba**	1 - 2pm **Reformer Pilates***	10.50 - 11.35am **Zumba**
10.45 - 11.30am **Dancefit**	10.30 - 11.15am **Body Balance**	11 - 12pm **Kettfusion**	11 - 11.45am **Aqua**	11.15 - 12.15pm **Yogalates**	2.15 - 3.15pm **Reformer Pilates***	11.15 - 12.15pm **Yin Yoga**
11.45 - 12.30pm **Glutes & Core**	11.05 - 11.50am **Aqua**	12.15 - 1pm **Body Conditioning**	11.45 - 12.30pm **Body Pump**	11.30 - 12.15pm **Strength**		12.35 - 1.20pm **Aqua**
11.45 - 12.30pm **Mums & Tums**	11.30 - 12.15pm **Circuits**	5.45 - 6.45pm **Reformer Pilates***	11.45 - 12.30pm **Pilates**	1 - 1.45pm **Low Impact MSC**		
1 - 1.45pm **Low Impact MSC**	11.30 - 12.15pm **Reformer Pilates***	6 - 6.45pm **Body Combat**	5.30 - 6.15pm **Glutes & Core**	5.30 - 6.15pm **Circuits**		
5.15 - 5.45pm **Strength**	5.15 - 5.45pm **Strength**	7 - 7.45pm **Body Pump**	5.30 - 6.30pm **Reformer Pilates***	6 - 7pm **Yoga**		
5.30 - 6.30pm **Reformer Pilates***	5.15 - 6.15pm **Reformer Pilates***	7 - 8pm **Reformer Pilates***	6.30 - 7.15pm **Broadway Boogie**	6.30 - 7.15pm **Dancefit**		
5.55 - 6.40pm **Hybrid Training**	6 - 6.45pm **Body Pump**	8 - 8.45pm **Hybrid Training**	6.45 - 7.45pm **Reformer Pilates***			
6.45 - 7.45pm **Reformer Pilates***	6.30 - 7.30pm **Yoga**	8.15 - 9.15pm **Yoga**	7.30 - 8.30pm **Hybrid Training**			
6.50 - 7.50pm **Kettfusion**	7 - 7.45pm **Dance Fit**		8 - 8.45pm **Tai Chi**			
8 - 8.45pm **Zumba**	7 - 7.45pm **Aqua**					
8.15 - 9.00pm **Yoga**	7.45 - 8.30pm **Pilates**					
	8 - 8.45pm **Glutes & Core**					

SCAN HERE TO LEARN MORE

lifeleisure

*Reformer classes are £10 for members.