Health & Fitness Timetable
Holmes Chapel Community Centre

Monday	
07:00 - 07:30	Group Cycling
10:00 - 11:00	Pilates
11:15 - 12:00	Escape Pain Follow On
12:15 - 13:00	Body Pump
13:30 - 14:00	Escape Pain
18:00 - 18:30	Grit Strength
18:30 - 19:30	Pilates
18:45 - 19:30	Circuit Training
20:00 - 20:45	Dance Fit

Tuesday	
06:45 - 07:15	Grit Strength
09:15 - 10:00	Body Combat
12:15 - 13:00	Circuit Training
13:30 - 14:30	Be Steady Be Safe
14:45 - 15:45	Move On Falls Class
16:00 - 17:00	Teen Gym
17:30 - 18:15	Group Cycling
18:30 - 19:00	Grit Strength
18:30 - 19:30	Boxercise
19:15 - 20:15	Body Combat

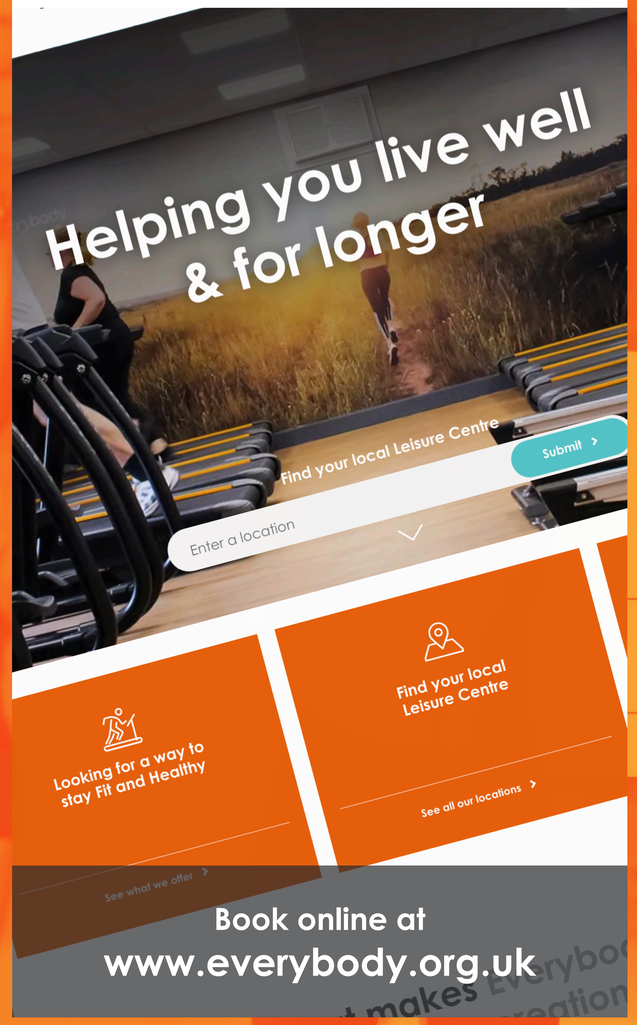
Wednesday	
09:15 - 10:15	Yoga
10:20 - 11:50	Yoga Gold
12:15 - 13:00	Kettlecise
13:30 - 14:30	Escape Pain
17:30 - 18:15	Group Cycling
18:15 - 19:15	Re-Shape
19:00 - 19:45	Legs, Bums & Tums
19:45 - 20:45	Clubbercise

Thursday	
09:15 - 10:15	PiYo
10:00 - 10:30	Boxercise
10:45 - 11:30	Zumba Gold
11:30 - 12:15	Step Class
12:15 - 13:00	HIIT / Body Combat
16:00 - 17:00	Teen Gym
18:00 - 18:30	Grit Strength
18:45 - 19:30	Body Combat
19:45 - 20:30	Body Pump
20:30 - 21:15	Pilates

Friday	
09:15 - 10:15	Yoga
09:30 - 10:30	Pilates
10:30 - 11:00	HIIT Gold
10:30 - 11:30	Pilates
11:00 - 11:45	Body Tone Gold
12:15 - 13:00	Group Cycling
17:35 - 18:15	Grit Cardio

Saturday	
08:30 - 09:15	Group Cycling
09:30 -10:15	HIIT
10:30 - 11:30	Body Pump

Sunday	
10:00 - 10:45	Group Cycling
11:00 - 11:45	Yoga



Book online at
www.everybody.org.uk

- Cardio
- Strength
- Core
- HIIT
- Health