

# FITNESS CLASSES

W/C 16<sup>th</sup> January 2017 >>>

## MONDAY

<b>INSANITY</b> 6.30am - 7.15am Sophie Walker (C/R)
<b>Gentle Stretch &amp; Tone</b> 8.30am - 9.30am Rachel Klein (F/S)
<b>Aqua Fit</b> 9.00am - 9.45am Kelly Penn (S/P)
<b>Indoor Cycling</b> 9.30am - 10.10am Sascha Whiteley (S/S)
<b>Circuits</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Body Pump Express •</b> 5.30pm - 6.15pm Rikki Walden (F/S)
<b>Indoor Cycling</b> 6.15pm - 6.55pm Kelly Batchelor (S/S)
<b>Ab's &amp; Core</b> 6.20pm - 6.50pm Rikki Walden (F/S)
<b>Yoga</b> 7.00pm - 8.00pm Gaia Madden (F/S) ♦
<b>Circuits</b> 7.00pm - 8.00pm Rikki Walden (M/H)
<b>Indoor Cycling</b> 7.00pm - 7.40pm Kelly Batchelor (S/S)
<b>Aqua Zumba</b> 7.30pm - 8.15pm Lauren Sibley (S/P)



## TUESDAY

<b>Indoor Cycling</b> 6.35am - 7.15am Sophie Walker (S/S)
<b>Legs, Bums &amp; Tums</b> 9.10am - 9.55am Kelly Penn (M/H) (T/T)
<b>Indoor Cycling</b> 9.30am - 10.10am Sascha Whiteley (S/S)
<b>Aqua Zumba</b> 10.00am - 10.45am Kelly Penn (S/P)
<b>P90X - NEW</b> 10.35am - 11.20am Sophie Walker (F/S)
<b>Gentle Stretch &amp; Tone</b> 11.30am - 12.25pm Jane Alexander (F/S) *
<b>Meta-Fit™</b> 5.30pm - 6.00pm Sophie Walker (F/S)
<b>Boxercise</b> 6.00pm - 6.45pm Sophie Walker (C/R)
<b>Indoor Cycling</b> 6.10pm - 6.50pm Rikki Walden (S/S)
<b>Insanity - NEW</b> 6.50pm - 7.35pm Sophie Walker (C/R)
<b>Body Pump •</b> 7.00pm - 8.00pm Andy Gray (F/S)
<b>Aqua Fit</b> 7.15pm - 8.00pm Juliet Carey (S/P)



## WEDNESDAY

<b>Insanity</b> 6.30am - 7.15am Sophie Walker (C/R)
<b>Zumba Gold</b> 8.45am - 9.30am Jane Alexander (F/S)
<b>Zumba Gold</b> 9.30am - 10.25am Jane Alexander (F/S)
<b>A Plan Workout</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Meta-Fit™</b> 10.35am - 11.05am Sophie Walker (F/S)
<b>Body Pump Express •</b> 6.15pm - 7.00pm Sophie Walker (F/S)
<b>Indoor Cycling</b> 6.20pm - 7.00pm Rikki Walden (S/S)
<b>Circuits</b> 7.05pm - 8.05pm Rikki Walden (M/H)
<b>Zumba</b> 7.10pm - 7.55pm Caroline McKenzie (F/S)
<b>Indoor Cycling (Beg/Imp)</b> 7.10pm - 7.50pm Sophie Walker (S/S)



## THURSDAY

<b>Indoor Cycling</b> 6.35am - 7.15am Jamie Kennedy (S/S)
<b>50+ Stretch &amp; Tone</b> 8.15am - 9.15am Kelly Batchelor (F/S) *
<b>Zumba</b> 9.30am - 10.25am Jane Alexander (F/S)
<b>Indoor Cycling</b> 9.35am - 10.15am Tim Offer (S/S)
<b>Body Pump Express •</b> 10.30am - 11.15am Sophie Walker (F/S)
<b>A Plan Workout - NEW</b> 6.00pm - 6.45pm Tim Offer (C/R)
<b>Zumba</b> 6.10pm - 6.55pm Caroline McKenzie (F/S)
<b>Indoor Cycling (Int)</b> 6.20pm - 7.00pm Nikki Samways (S/S)
<b>Legs, Bums &amp; Tums</b> 7.00pm - 7.45pm Nikki Samways (F/S)
<b>Therapeutic Yoga</b> 7.00pm - 8.00pm Gaia Madden (C/R) ♦



## FRIDAY

<b>Zumba</b> 8.00am - 8.45am Kelly Penn (F/S)
<b>Aqua Fit</b> 8.50am - 9.35am Kelly Penn (S/P)
<b>Gentle Stretch &amp; Tone</b> 9.15am - 10.15am Rachel Klein (F/S) *
<b>Circuits</b> 9.30am - 10.30am Tim Offer (M/H)
<b>Aqua Fit</b> 9.40am - 10.25am Kelly Penn (S/P)
<b>PiYo - NEW</b> 10.30am - 11.15am Clare Nicholas (F/S)
<b>Body Pump Express •</b> 5.30pm - 6.15pm Rikki Walden (F/S)
<b>Indoor Cycling (Beg/Imp)</b> 5.30pm - 6.10pm Sophie Walker (S/S)
<b>Circuits - NEW</b> 6.10pm - 6.55pm Jamie Kennedy (M/H)
<b>INSANITY</b> 6.30pm - 7.15pm Sophie Walker (F/S)
<b>Aqua Fit</b> 7.15pm - 8.00pm Juliet Carey (S/P)



# THE JUNCTION

PART OF YMCA BOURNEMOUTH

## SATURDAY

<b>Body Pump •</b> 8.55am - 9.55am Rikki Walden (F/S)
<b>Indoor Cycling</b> 10.00am - 10.40am Rikki Walden (S/S)



## SUNDAY

<b>Super Circuits</b> 9.00am - 10.00am Sophie Walker (M/H)
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