

## Measham Leisure Centre

### Fitness Timetable

MONDAY	
9.30am – 10.20am	Body Conditioning
10.30am – 11.20am	Pilates
5.45pm – 6.15pm	Body Combat
6.30pm – 7.20pm	Yoga Stength
7.30pm – 8.20pm	Body Pump

TUESDAY	
9.30am – 10.20am	P90X
10.30am – 11.20am	Combat Kettlercise
11.30am – 12.20pm	Seated Aerobics
6.30pm – 7.20pm	Zumba

WEDNESDAY	
9.30am – 10.20am	Body Pump
10.30am – 11.20am	Body Balance
5.45pm – 6.15pm	Bums and Tums
6.30pm – 7.20pm	Body Combat

THURSDAY	
9.00am – 9.30am	Metafit
9.45am – 10.30am	Step
10.45am – 11.30am	Yoga Strength
11.45am – 12.30pm	50+ Forever Fit
6.30pm – 7.20pm	Pilates

FRIDAY	
9.30am – 10.20am	P90X
10.30am – 11.20am	Pilates

SATURDAY	
10.00am – 11.20am	Zumba
11.30am – 12.20pm	Zumba