

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

Group Exercise Class Timetable

Day / Time	Class Type	Location
Monday		
06:30	Spin®	Studio 1
09:30	Circuits	Studio 2
11:30	Pilates	Studio 2
18:00	Tabata	Studio 2
18:00	Spin®	Studio 1
19:00	Spin®	Studio 1
19:30	Pilates	Studio 2
19:30	Aqua – Shallow Water	Pool 2
Tuesday		
06:30	Spin®	Studio 1
09:30	H I I T	Studio 2
10:30	Spin®	Studio 1
11:30	Total Tone	Studio 2
12:00	FitSteps®	Studio 1
13:30	Yoga – Classic	Studio 2
18:00	Zumba®	Studio 1
18:00	Body Blitz	Studio 2
19:30	Yoga– Hatha	Studio 2
19:30	Aqua – Shallow Water	Pool 2
Wednesday		
06:45	Yoga– Dynamic Hatha	Studio 2
08:00	Yoga – Hatha	Studio 2
10:00	Legs, Bums and Tums	Studio 2
10:30	Aqualates	Pool 2
11:45	Aqua – Deep Water	Pool 1
12:30	Pilates	Studio 2
17:30	Spin® - Circuits	Studio 1
18:15	Tabata	Studio 2
19:00	Zumba®	Studio 1
19:45	Yoga – Hatha	Studio 2
Thursday		
06:30	Spin®	Studio 1
09:15	BarreConcept®	Studio 1
10:30	Zumba®	Studio 1
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Thursday	Continued	
18:00	Spin®	Studio 1
19:15	Resistance Band Circuits	Studio 2
19:15	Spin®	Studio 1
19:30	Aqua – Shallow Water	Pool 2
Friday		
06:30	Spin®	Studio 1
06:30	Get Fit in 40	Studio 2
09:00	Aqua – Shallow Water	Pool 2
09:15	Pilates	Studio 2
10:15	Pilates	Studio 2
10:15	Aqua – Deep Water	Pool 1
10:30	Spin® Gold	Studio 1
11:30	Ab Blast	Studio 2
19:30	Yoga – Hatha	Studio 2
Saturday		
09:30	Spin®	Studio 1

**Classes FREE* to Members
£7.25 Per Class – Non Members**

**For Bookings Please Call:
01432 860860**

**For Class Descriptions Please Visit Our
Website:
www.wyeleisure.com**

* = Terms & Condition Apply – Depends on membership type extra charges may apply, please call us for further details

For a copy of our booking terms and conditions please ask at the time of booking or download a copy from our website

It may be necessary to move class times or at times to cancel arranged classes.

For an up-to-date calendar of classes, please visit our website:

www.wyeleisure.com