

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		
06:30	Yoga– Dynamic Hatha	Studio 2
09:00	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
07:00	Yoga – Dynamic Hatha	Studio 2
09:15	BarreConcept®	Studio 1
		Cont' →

<i>Thursday</i>		
	<i>Continued</i>	
10:25	Zumba®	Studio 1
17:30	Spin®	Studio 1
18:30	Spin®	Studio 1
18:45	Resistance Band Circuits	Studio 2
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
18:00	Yoga - Hatha	Studio 2
19:15	Yoga – Hatha	Studio 2
Saturday		
09:30	Spin®	Studio 1
Sunday		
09:00	Yoga - Vinyasa	Studio 2

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