

Exercise & Fitness

Monday	Instructor	Time	Venue	Crèche
Body Balance	Tasha	9.15am	Function Room	✗
Studio Cycling	Nick	9.30am	Squash Court	✗
Studio Cycling	Cheryl	10.30am	Squash Court	✗
Body Combat	Tasha	10.15am	Sports Hall	✗
Aqua Fit	Debbie	11.00am	Pool	✗
Studio Cycling	Simeon/Stuart	5.30pm	Squash Court	
Body Pump	Louisa	6.00pm	Dance Studio	
Studio Cycling	Jordan	6.30pm	Squash Court	
Body Balance	Louisa	7.00pm	Dance Studio	
TBT's	Jeanette	7.15pm	Function Room	
Circuit Training	Simon/Cat	7.10pm	Sports Hall	
Body Combat	Sarah B	8.00pm	Dance Studio	
Tuesday	Instructor	Time	Venue	Crèche
Aqua Fit	Lynn	11.00am	Pool	
Studio Cycling	Simeon	5.30pm	Function Room	
Body Balance	Natasha	6.00pm	Dance Studio	
Studio Cycling	Cheryl	6.30pm	Squash Court	
Aerobics	Jeanette	7.00pm	Sports Hall	
Body Combat	Tasha/Louisa	7.10pm	Dance Studio	
Yoga	Samphire	7.15pm	Function Room	
Studio Cycling	Cheryl	7.30pm	Squash Court	
Aqua Fit	Debbie	8.00pm	Pool	
Wednesday	Instructor	Time	Venue	Crèche
Studio Cycling	Cat/Simon	7.05am	Squash Court	
Zumba Tone	Cheryl	9.00am	Function Room	✗
Studio Cycling	Nick	9.30am	Squash Court	✗
Zumba	Cheryl	10.00am	Sports Hall	✗
Pilates	Gemma	10.15am	Function Room	✗
Studio Cycling	Jordan	10.30am	Squash Court	✗
Pilates	Gemma	11.15am	Function Room	✗
Aquacise (specific needs)	Lynn	11.30am	Pool	
Studio Cycling	Mark	5.30pm	Squash Court	
Body Combat	Louisa	6.00pm	Dance Studio	

Timetable continues overleaf

Booking Information

For further information regarding hire/bookings and usage conditions please contact the centre directly, **01395 266381** or call in and collect one of our leaflets or timetables. Information is also accessible via our website, www.ledleisure.co.uk



Exmouth
Leisure Centre

www.ledleisure.co.uk

Aqua Fit	Ingrid	6.10pm	Pool	
Studio Cycling	Mark	6.30pm	Squash Court	
Body Pump	Louisa	7.00pm	Dance Studio	
Circuit Training	Cat/Simon	7.10pm	Sports Hall	
Cardio Kick	Ingrid	7.15pm	Function Room	
Body Balance	Louisa	8.00pm	Dance Studio	
Thursday	Instructor	Time	Venue	Crèche
Yoga Beginners	Samphire	10.00am	Dance Studio	
50+ Keep Fit	Linda	10.15am	Function Room	
Aqua Fit	Lynn	11.00am	Pool	
Yoga Improvers	Samphire	11.15am	Dance Studio	
Core Class	Jordan	5.30pm	Function Room	
Zumba	Cheryl	6.00pm	Sports Hall	
Studio Cycling	Jordan	6.30pm	Squash Court	
Body Combat	Louisa	7.00pm	Sports Hall	
Adult Street Dance	Georgina	7.00pm	Dance Studio	
Studio Cycling	Simon/Cat	7.30pm	Function Room	
Friday	Instructor	Time	Venue	Crèche
Studio Cycling	Cat/Simon	7.05am	Squash Court	
Body Balance	Natasha	9.15am	Function Room	✕
Circuit Training	Cat/Simon	10.00am	Sports Hall	✕
Aqua Fit	Lynn	11.00am	Pool	✕
Body Pump	Jonny	6.00pm	Dance Studio	
Zumba	Cheryl	6.10pm	Sports Hall	
Studio Cycling	Cat/Simon	6.30pm	Squash Court	
Boxercise	Ingrid	7.10pm	Dance Studio	
Saturday	Instructor	Time	Venue	Crèche
Body Pump	Louisa	9.00am	Dance Studio	
Body Combat	Louisa	10.05am	Dance Studio	
Studio Cycling	Jordan	10.15am	Squash Court	
Core Class	Jordan	11.15am	Function Room	

Crèche

New improved Crèche facilities at Exmouth Leisure Centre & Exmouth Tennis and Fitness Centre

Mondays	09.00-12.00	(Exmouth Leisure Centre)
Tuesdays	09.00-12.00	(Exmouth Tennis Centre)
Wednesdays	09.00-12.30	(Exmouth Leisure Centre)
Thursdays	09.00-12.00	(Exmouth Tennis Centre)
Fridays	09.00-12.00	(Exmouth Leisure Centre)

**10
SESSIONS
FOR ONLY
£20!**

allowing adults to exercise whilst their children play in a safe and secure environment run by fully qualified and CRB checked staff

£3 PER CHILD PER SESSION

To book a place for you child/children, please call 01395 266381.

Please be aware that childcare spaces are limited so book today to avoid disappointment.



Exmouth Leisure Centre
Royal Avenue, Exmouth, EX8 1EN
Tel: 01395 266381