

Exercise & Fitness

Axe Valley Leisure

Apr 2010

Monday	Time	Level
 Fit 4 Circuits	9:30am - 10:30am	All abilities
 Gentle Aerobics	10:00am - 11:00am	All abilities
 Spinning	6:00pm - 6:45pm	All abilities
 Body Conditioning	6:30pm - 7:30pm	All abilities
 Fitness Pilates	7:00pm - 8:00pm	All abilities
 Fit 4 Circuits	8:00pm - 9:00pm	All abilities
 Spinning	8:00pm - 8:45pm	All abilities
Tuesday		
 Fit 4 Teens	3:30pm - 4:30pm	14 & 15 yrs
 Spinning	6:00pm - 6:45pm	All abilities
Wednesday		
 Legs, Tums & Bums	10:00am - 11:00am	All abilities
 Boxercise	6:30pm - 7:30pm	All abilities
 Spinning	7:45pm - 8:30pm	All abilities
 Fit 4 Circuits	8:00pm - 9:00pm	All abilities
Thursday		
 Tone Zone	10:00am - 11:00am	All abilities
 Spinning	6:00pm - 6:45pm	All abilities
 Legs, Tums & Bums	7:00pm - 8:00pm	All abilities
Friday		
 Spinning	7:45am - 8:30am	All abilities
 Spinning	6:30pm - 7:15pm	All abilities
Saturday		
 Spinning	9:15am - 10:00am	All abilities



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Leisure

To book, or for more information
drop in or call **01297 35235**
Lyme Road, Axminster EX13 5AZ
www.ledleisure.co.uk