


Exercise & Fitness

Monday	Instructor	Time	Venue	Crèche
Zumba	Jane	9.15am	Studio	✗
Yoga Fitness	Sarah	10.15am	Studio	✗
Studio Cycle	Charlotte	5.30pm	Function Room	
Studio Cycle	Charlotte	6.30pm	Function Room	
BodyPump	Lorraine	7.05pm	Studio	
Step	Lorraine	8.05pm	Studio	
AquaZumba	Barbara	8.00pm	Pool	
Tuesday	Instructor	Time	Venue	Crèche
Studio Cycle	Brian	7.15am	Function Room	
Aerobics 4 All	Jane P	9.15am	Studio	✗
Aquaflax	Kevin/Mary	9.15am	Pool	✗
Pilates (Int./Ad)	Jude	10.15am	Studio	✗
Studio Cycle	Brian	5.30pm	Function Room	
Studio Cycle	Brian	6.30pm	Function Room	
AquaFit	Barbara	6.45pm	Pool	
Zumba	Jane	6.00pm	Studio	
BodyBalance	Sarah	7.00pm	Studio	
Wednesday	Instructor	Time	Venue	Crèche
Pilates Mixed	Jude	10.15am	Studio	
Teen Gym	Matt	3.00pm	Gym	
Yoga Fitness	Sarah	6.45pm	Function Room	
TBT's	Jude	7.05pm	Studio	
Pilates (Int)	Jude	8.05pm	Function Room	
BodyPump	Vladka	8.05pm	Studio	
Thursday	Instructor	Time	Venue	Crèche
Studio Cycle	Charlotte	7.15am	Function Room	
Pilates Mixed	Jane	9.15am	Studio	✗
Zumba	Jane	10.15am	Studio	✗
AquaZumba	Jane	11.15am	Pool	✗
Aquaflax	Jane	12.00pm	Pool	✗
Studio Cycle	Mark	5.30pm	Function Room	
Studio Cycle	Mark	6.30pm	Function Room	
BodyBalance	Jude	7.00pm	Studio	
Zumba	Michelle	8.00pm	Studio	

Friday	Instructor	Time	Venue	Crèche
Aerobics 4 All	Jane P	9.15am	Studio	✕
BodyBalance	Sarah	10.15am	Studio	✕
Yoga	Samphire	11.30am	Studio	✕
Teen Gym	Matt	3.00pm	Gym	
BodyPump	Lorraine	7.05pm	Studio	
Step	Lorraine	8.05pm	Studio	
Saturday	Instructor	Time	Venue	Crèche
Studio Cycle	Jane	8.45am	Function Room	
Studio Cycle	Jane	9.30am	Function Room	
Sunday	Instructor	Time	Venue	Crèche
BodyBalance	Jude	9.15am	Studio	
Pilates Mixed	Jude	10.15am	Studio	
Studio Cycle	Brian	5.45pm	Function Room	
Zumba	Connie	6.00pm	Studio	
Circuits	Brian	7.00pm	Studio	

* Teen Gym sessions do not run over the summer holidays

Crèche

 Crèche facilities are available to guarantee you make the most of your time here. Run by qualified staff, the Crèche is friendly, relaxed and available for all. The Crèche is the perfect place to leave your little ones to play. All staff are CRB checked. Crèche facilities are only available to centre users.

Parents/guardians must remain onsite while their child is in the crèche.

Crèche Times:

Monday, Tuesday, Thursday & Friday
9.00am – 12.30pm



Booking Information:

Late cancellations and no – shows cause valuable spaces within classes to be lost and made unavailable for those who wish to attend.

'UNLIMITED' members will be able to book up to 8 days in advance. Aqua members / PAYG members and non members will be able to book up to 7 days in advance.

Payment is required for the activity upon booking.

Honiton Leisure Centre
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