

From January 2019

Exercise Class Timetable

Friday	Ability	Instructor	Time	Venue
Studio Cycling *	💧	Russ	7:00 - 7:45	Westlands Studio 2
Studio Cycling *	💧	Russ	9:30 - 10:15	Westlands Studio 2
Body Balance	💧	Jo	9:30 - 10:30	Goldenstones
Trigger Point Pilates	💧	Rachel C	9:30 - 10:30	Westlands Studio 1
Functional Blitz	💧	Gym Team	9:45 - 10:15	Westlands Gym
Step	💧	Claire	10:30 - 11:15	Goldenstones
Fitness Pilates	💧	Rachel C	10:30 - 11:30	Westlands Studio 1
Zumba	💧	Sywia	10:30 - 11:30	Westlands Studio 2
Boccia	💧	Laura	11:30 - 12:30	Goldenstones
Ab Attack	💧	Russ	13:00 - 13:30	Goldenstones
Fitness Yoga	💧	Debbie	17:00 - 18:00	Buckler's Mead
HIIT	💧	Rachel	17:30 - 18:00	Westlands Studio 1
Les Mills Tone	💧	Mat	17:30 - 18:15	Westlands Studio 2
Kundalini Yoga	💧	Tarana	17:30 - 19:00	Goldenstones
Circuits	💧	Rachel	18:00 - 19:00	Westlands Studio 1
Body Balance	💧	Mat	18:15 - 19:00	Westlands Studio 2

Saturday	Ability	Instructor	Time	Venue
Ladies Only Weightlifting	💧	Steph	8:30 - 9:15	Westlands Studio 1
Studio Cycling *	💧	Harry	9:00 - 9:45	Westlands Studio 2
Kundalini Yoga	💧	Debbie C	9:00 - 10:00	Westlands Studio 1
Body Pump	💧	Jo / Steve	9:30 - 10:30	Goldenstones
Pound	💧	Debbie	10:00 - 10:45	Westlands Studio 2
Yin Yoga	💧	Debbie C	10:00 - 11:00	Westlands Studio 1
Body Balance	💧	Jo	10:30 - 11:30	Goldenstones
Zumba Gold	💧	Debbie	10:45 - 11:30	Westlands Studio 2
Functional Blitz	💧	Gym Team	11:00 - 11:30	Westlands Gym
Pilates	💧	Debbie	11:30 - 12:30	Westlands Studio 2
Pilates	💧	Debbie	12:45 - 13:45	Westlands Studio 2

Sunday	Ability	Instructor	Time	Venue
Ladies Only Weightlifting	💧	Steph	8:00 - 9:00	Goldenstones
PIYO	💧	Steph	9:00 - 10:00	Goldenstones
Body Pump	💧	Rachel	9:00 - 10:00	Westlands Studio 1
Studio Cycling	💧	Owain	9:30 - 10:15	Westlands Studio 2
Body Combat	💧	Rachel	10:00 - 11:00	Westlands Studio 1
Bootcamp Strength	💧	Pete	10:00 - 11:00	Buckler's Mead
Functional Blitz	💧	Gym Team	11:00 - 11:30	Westlands Gym
Aquanatal	💧	Midwives	17:00 - 18:00	Goldenstones Pool

Class Categories

- Mind & Body ■ Cardio
- Strength & Conditioning ■ Dance
- Pool ■ High Intensity ■ Under 16s
- Specialised (or invite only)

Abilities

- 💧 Suited to beginners 💧💧 Suitable for all levels
- 💧💧💧 More suited to experienced exercisers

Booking Classes

Unlimited members can book classes 8 days in advance and classes are free. Pay as you Go non-members can book 7 days in advance and classes prices range from £2.50 - £6.20. Booking is available on line at www.ledleisure.co.uk. Ensure you select the correct venue. Cancellations must be made 24hrs in advance of the start or refunds will not be given.

Information

Minimum age for classes is 16yrs, unless specific age is stated or there is a * by the class name which allows entry from 14yrs+. All class times include set up / take down time. Classes are correct at the time of print.

Goldenstones Leisure Centre
Brunswick Street
Yeovil BA20 1QZ

Westlands Sport & Fitness Centre
Westbourne Close
Yeovil BA20 2DD

Buckler's Mead Leisure Centre
St John's Road
Yeovil BA21 4NH



Goldenstones
Leisure Centre

Westlands
Sport & Fitness Centre

Buckler's Mead
Leisure Centre



www.ledleisure.co.uk



Monday	Ability	Instructor	Time	Venue
HIIT	●●●	Rachel	7:00 - 7:30	Westlands Studio 1
Studio Cycling *	●●	Russ / Steve	7:00 - 7:45	Westlands Studio 2
C X WORX	●●	Rachel	7:30 - 8:00	Westlands Studio 1
Zumba Gold	●●	Debbie	9:30 - 10:30	Westlands Studio 2
Body Balance	●	Jo	9:30 - 10:30	Goldenstones
Aqua Pole	●●	Claire	10:00 - 10:30	Goldenstones Pool
Aqua Pole	●●	Claire	10:30 - 11:00	Goldenstones Pool
Tai Chi	●	Debbie	10:30 - 11:30	Westlands Studio 2
Les Mills Tone	●●	Mat	10:30 - 11:30	Goldenstones
Aquafit	●●	Claire	11:00 - 11:45	Goldenstones Pool
Tai Chi	●	Debbie	11:30 - 12:30	Westlands Studio 2
Studio Stretch *	●	Claire	12:00 - 12:45	Goldenstones
Functional Blitz	●●	Gym Team	13:00 - 13:30	Westlands Gym
Teen Circuits (11-16yrs)	●●	Liz	16:15 - 17:00	Goldenstones
Body Pump	●●	Steve	17:15 - 18:00	Goldenstones
Ladies Only Bootcamp	●●	Rachel	17:15 - 18:00	Westlands Studio 1
Studio Cycling *	●●	Russ	17:30 - 18:15	Westlands Studio 2
Body Combat	●●	Jo	18:00 - 19:00	Goldenstones
Gentle Yoga	●	Debbie C	18:00 - 19:00	Westlands Studio 1
Functional Blitz	●●	Gym Team	18:15 - 18:45	Westlands Gym
Kettlebells	●●	Russ	18:30 - 19:15	Westlands Studio 2
Circuits	●●	Aaron	18:30 - 19:30	Buckler's Mead
Body Balance	●	Jo	19:00 - 20:00	Goldenstones
Sun Power Yoga	●●	Debbie C	19:00 - 20:00	Westlands Studio 1
Ladies Only Studio Cycling	●●	Grace	19:30 - 20:15	Westlands Studio 2
Ladies Functional Circuit	●●	Russ	19:45 - 20:30	Buckler's Mead
Kundalini Yoga	●●	Tarana	20:00 - 21:00	Westlands Studio 1
Zumba	●	Mitica	20:00 - 21:00	Goldenstones
Aquafit	●	Claire	20:15 - 21:00	Goldenstones Pool
Bounce & Burn *	●●	Grace	20:30 - 21:00	Westlands Studio 2

Tuesday	Ability	Instructor	Time	Venue
Bounce & Burn *	●●	Tarida	7:00 - 7:30	Westlands Studio 2
HIIT	●●●	Claire	7:00 - 7:30	Goldenstones
Aqua Pole	●●	Claire	8:30 - 9:00	Goldenstones Pool
Kettlebells	●●	Claire	9:30 - 10:15	Westlands Studio 2
Body Pump	●●	Steve	9:30 - 10:30	Goldenstones
Body Combat	●●	Rachel	9:30 - 10:30	Westlands Studio 1
Ladies Only Weight Management	●	Deb	10:00 - 11:00	Buckler's Mead
Bounce & Burn *	●●	Claire	10:15 - 10:45	Westlands Studio 2
C X WORX	●●	Rachel	10:30 - 11:00	Westlands Studio 1
Pilates	●	Carolyn	10:30 - 11:30	Goldenstones
Aquafit	●	Claire	11:00 - 11:45	Goldenstones Pool
Beginners Pilates	●	Carolyn	11:30 - 12:30	Westlands Studio 2
Beginners Studio Cycling *	●	Grace	17:15 - 18:00	Westlands Studio 2
HIIT	●●●	Steve	17:30 - 18:00	Goldenstones
Studio Cycling *	●●	Harry	18:00 - 18:45	Westlands Studio 2
PIYO	●●●	Steph	18:00 - 19:00	Westlands Studio 1
Body Pump	●●	Steve	18:00 - 19:00	Goldenstones
Functional Blitz	●●	Gym Team	18:15 - 18:45	Westlands Gym
Aqua Zumba	●	Mitica	19:00 - 19:45	Goldenstones Pool
Bootcamp	●●	Russ	19:00 - 20:00	Goldenstones
Body Pump	●●	Natasha	19:00 - 20:00	Westlands Studio 1
Pilates	●	Jen	19:00 - 20:00	Westlands Studio 2
Aqua Pole	●●	Claire	19:45 - 20:30	Goldenstones Pool
Body Balance	●	Natasha	20:00 - 21:00	Westlands Studio 1
Pilates	●	Jen	20:00 - 21:00	Westlands Studio 2
Step and Conditioning *	●●	Tarida	20:05 - 21:05	Goldenstones

Wednesday	Ability	Instructor	Time	Venue
Studio Cycling *	●●	Russ	7:00 - 7:45	Westlands Studio 2
Kettlebells	●●	Claire	7:00 - 7:45	Goldenstones
Studio Stretch *	●	Claire	8:30 - 9:15	Goldenstones
Zumba	●●	Sylvia	9:30 - 10:30	Westlands Studio 2
Body Conditioning	●	Jo	9:30 - 10:30	Goldenstones
Studio Stretch *	●	Claire	10:30 - 11:15	Westlands Studio 2
Body Balance	●	Jo	10:30 - 11:30	Goldenstones
Gentle Yoga	●	Debbie C	11:30 - 12:30	Westlands Studio 2
Circuits	●●	Russ	17:15 - 18:00	Goldenstones
Body Conditioning	●●	Rachel	17:15 - 18:00	Westlands Studio 1
Studio Cycling *	●●	Steve	17:30 - 18:15	Westlands Studio 2
HIIT	●●●	Claire	18:00 - 18:30	Westlands Studio 1
Body Balance	●●	Jo	18:00 - 19:00	Goldenstones
Hula class	●●	Amanda	18:00 - 19:00	Buckler's Mead
Kettlebells	●●	Claire	18:30 - 19:15	Westlands Studio 1
Body Combat	●●	Rachel	18:30 - 19:30	Westlands Studio 2
Body Pump	●●	Steve	19:00 - 20:00	Goldenstones
Functional Blitz	●●	Gym Team	19:15 - 19:45	Westlands Gym
Studio Stretch *	●	Claire	19:15 - 20:00	Westlands Studio 1
C X WORX	●●	Rachel	19:30 - 20:00	Westlands Studio 2
Ab Attack	●	Steve	20:00 - 20:30	Goldenstones
Bounce & Burn *	●●	Grace	20:00 - 20:30	Westlands Studio 2

Thursday	Ability	Instructor	Time	Venue
Circuits	●●	Russ	7:00 - 7:45	Goldenstones
Bounce & Burn *	●●	Claire	7:00 - 7:30	Westlands Studio 2
Zumba *	●●	Mitica	9:30 - 10:15	Goldenstones
Body Pump	●●	Rachel	9:30 - 10:30	Westlands Studio 1
Functional Blitz	●●	Gym Team	9:30 - 10:30	Westlands Gym
Ladies Only Gym	●●	Deb	10:00 - 11:00	Buckler's Mead
Studio Stretch *	●	Claire	10:30 - 11:15	Goldenstones
50+	●●	Deb	11:00 - 12:00	Buckler's Mead
Aquafit	●	Claire	11:15 - 12:00	Goldenstones Pool
Pilates	●	Carolyn	12:00 - 13:00	Goldenstones
Pilates (Invite Only)	●	Carolyn	13:00 - 14:00	Goldenstones
Kettlebells	●●	Rachel	17:15 - 18:00	Goldenstones
Studio Cycling *	●●	Russ	17:30 - 18:15	Westlands Studio 2
Body Combat	●●	Jo	17:30 - 18:30	Westlands Studio 1
HIIT	●●●	Rachel	18:00 - 18:30	Goldenstones
Functional Blitz	●●	Gym Team	18:15 - 18:45	Westlands Gym
C X WORX	●●	Rachel	18:30 - 19:00	Goldenstones
Bounce & Burn *	●●	Tarida	18:30 - 19:00	Westlands Studio 2
Body Pump	●●	Jo	18:30 - 19:30	Westlands Studio 1
Bounce & Burn *	●●	Claire	19:00 - 19:30	Westlands Studio 2
Circuits	●●	Russ	19:00 - 20:00	Goldenstones
Step *	●●	Tarida	19:30 - 20:15	Westlands Studio 1
Zumba	●●	Mitica	19:30 - 20:30	Westlands Studio 2
Studio Stretch *	●	Tarida	20:15 - 21:00	Westlands Studio 1
Aquafit	●	Claire	20:15 - 21:00	Goldenstones Pool