

Group Exercise

Timetable

Monday	Instructor	Time	Ability	Venue
Studio Cycling	*Nick	7.00 – 7.45	💧💧	Studio
Studio Cycling	*Nick	8.00 – 8.45	💧💧💧	Studio
Step and Condition	*Nick	9.15 – 10.15	💧💧	Studio
Pure Stretch	Jenny	10.30 – 11.30	💧💧	Studio
Pilates	*Nick	11.30 – 12.30	💧💧💧	Studio
Yoga	Helen	12.35-13.35	💧💧💧	Studio
Kettlebells	Mel	17.15 – 18.00	💧💧💧💧	Studio
Powerhoop	*Michaela	18.00 – 19.00	💧💧	Main Hall
Legs,Bums&Tums	Karen	18.00 – 19.00	💧💧	Studio
Circuits	Mel	19.00 – 20.00	💧💧💧💧	Studio
Zumba	*Michaela	19.00 – 20.00	💧💧	Main Hall
Aquafit	Karen	19.00 – 19.45	💧💧	Pool
Studio Cycling	Nikki	20.00 – 20.45	💧💧💧	Studio
Tuesday	Instructor	Time	Ability	Venue
Functional Fit	Tarida	7.00 – 7.45	💧💧💧	Studio
Studio Cycling	TBA	9.15 – 10.00	💧💧💧	Studio
Low Impact Aerobics	Fatou	10.15 – 11.15	💧💧	Studio
Yoga	Jo	11.30 – 12.30	💧💧	Studio
Aquafit	Nikki	12.30 – 13.15	💧💧	Pool
HIIT	Nick	17.30 – 18.00	💧💧💧💧	Studio
Kettlebells	Nick	18.00 – 18.30	💧💧💧💧	Studio
HIIT	Nick	18.30-19.00	💧💧💧💧	Studio
Studio Cycling	*Nick	19.00 – 19.45	💧💧💧	Studio
Studio Cycling	*Mel	19.45 – 20.30	💧💧💧	Studio
Pure Stretch	Jenny	20.30 – 21.30	💧💧	Studio
Wednesday	Instructor	Time	Ability	Venue
Studio Cycling	*Mel	7.00 – 7.45	💧💧💧	Studio
FitBall	Louise	9.15 – 10.15	💧💧	Studio
Pure Stretch	Jenny	10.30 – 11.30	💧💧	Studio
Activity Ref	Nick	13.30 – 14.30	💧💧	Studio
Pilates	*Nick	14.30 – 15.30	💧💧	Studio
Step and Condition	*Nick	17.30 – 18.15	💧💧	Studio
Aerobics	Fatou	18.15 – 19.00	💧💧	Studio
Studio Cycling	*Nick	19.15 – 20.00	💧💧💧	Studio
Aquafit	*Nikki	19.00 – 19.45	💧💧	Pool
Pilates	Sam	20.00 – 21.00	💧💧	Studio

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West Hill, Wincanton, Somerset, BA9 9SP

01963 824400



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Thursday		Instructor	Time	Ability	Venue
	Yoga	Helen	7.30 – 8.30	💧	Studio
	Studio Cycling	*Mel	9.15 – 10.00	💧💧💧	Studio
	Zumba	Michaela	10.15 – 11.15	💧💧	Studio
	Yoga	Helen	11.30 – 12.30	💧	Studio
	Aquafit	*Nikki	11.30 – 12.15	💧💧	Pool
	HIIT	Jack	17.30 – 18.00	💧💧💧💧	Main Hall
	Kettlebells	Mel	18.00-18.30	💧💧💧💧	Studio
	HIIT	TBA	18.30-19.00	💧💧💧💧	Studio
	Studio Cycling	*Mel	19.15-20.00	💧💧💧	Studio
	Yoga	Jo	20.00 – 20.45	💧💧💧	Studio
Friday		Instructor	Time	Ability	Venue
	Studio Cycling	*Nick	7.00 – 7.45	💧💧💧	Studio
	Studio Strength	Nick	9.15 – 10.15	💧💧	Studio
	Deep Water Aqua	Fatou	9.15 - 10.00	💧💧💧	Pool
	Studio Cycling	*Nick	10.30 – 11.15	💧💧💧	Studio
	Pure Stretch	Jenny	11.30 – 12.30	💧💧	Studio
	Born to Move(2-4years)	Michaela	14.00 – 14.30	💧💧	Studio
	50+ Aquafit	Fatou	15.00 – 15.45	💧💧	Pool
	Born to Move(5-7years)	Michaela	16.00 – 16.30	💧💧	Studio
	Born to Move(8-10years)	Michaela	16.30 – 17.00	💧💧	Studio
	Pilates	Taryn	18.00 – 19.00	💧💧	Studio
Saturday		Instructor	Time	Ability	Venue
	Studio Cycling	*Mel	8.00 – 8.45	💧💧💧	Studio
	Pure Stretch	Jenny	9.00 – 10.00	💧💧	Studio
Sunday		Instructor	Time	Ability	Venue
	Studio Strength	Louise	10.00 – 10.45	💧💧💧	Studio
	Studio Cycling	Louise	11.00 – 11.45	💧💧	Studio
	Studio Cycling	*Nikki	18.00 – 18.45	💧💧	Studio

Mind & Body

Strength & Conditioning

High Intensity

Cardio

Dance

Specialised

Bookings

UNLIMITED members can book 8 days in advance. Non-members can book 7 days in advance with payment only. A minimum of 24 hours notice is required to guarantee a refund and avoid any strikes.

Please note

Minimum age for all adult classes is 16 years old, but where you see * 14 year olds can attend All class times include set up/take down time.

All classes are subject to change.



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