

Monday	Instructor	Time	Venue	Ability
Thai Yoga (14+)	Niclaire	17.15 - 18.25	Dance Studio	💧
Body Conditioning (14+)	Vanessa	18.30 - 19.25	Dance Studio	💧
Tuesday	Instructor	Time	Venue	Ability
Step (16+)	Sam N	09.00 - 09.55	Dance Studio	💧
Yoga (14+)	Sam N	10.00 - 11.25	Dance Studio	💧
Body Conditioning (16+)	Lucy	18.00 - 18.55	Dance Studio	💧
Pilates (14+)	Angela	19.00 - 19.55	Dance Studio	💧
Wednesday	Instructor	Time	Venue	Ability
Step (16+)	Jacqui	18.00 - 18.55	Dance Studio	💧
Thai Yoga (14+)	Jayne	19.15 - 20.25	Dance Studio	💧
Thursday	Instructor	Time	Venue	Ability
Cardio Conditioning (16+)	Sam N	09.00 - 09.55	Dance Studio	💧
Yoga (14+)	Sam N	10.00 - 11.25	Dance Studio	💧
Pilates (14+)	Sabine	18.00 - 18.55	Dance Studio	💧
Thai Yoga (14+)	Sabine	19.00 - 19.55	Dance Studio	💧
Friday	Instructor	Time	Venue	Ability
Zumba (14+)	Jane G	09.00 - 09.55	Dance Studio	💧
Pilates (14+)	Jane G	10.00 - 10.55	Dance Studio	💧
Remedial Pilates (14+)	Jane G	11.00 - 11.55	Dance Studio	💧
Saturday	Instructor	Time	Venue	Ability
Zumba (14+)	Helen	09.00 - 09.55	Dance Studio	💧
Core Balance (14+)	Helen	10.00 - 10.55	Dance Studio	💧

• Mind & Body • Strength & Conditioning • Cardio • High Intensity • Dance

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.
Please note that classes are subject to charge.

* This timetable is correct at the time of publishing, however, the timetable is subject to changes. For daily information contact reception for more details.

Please arrive early for class. Late arrivals may be turned away!

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Class Descriptions

Class Type	Equipment	Class Aim
Body Conditioning	Mats, dumbbells, body bars, bands & stability balls	A mixed workout, covering toning, strength, endurance, cardio fitness, flexibility & more using a range of resistance kit & bodyweight exercises.
Core Balance	Stability balls & weights	Covering core strength, endurance, stability & control.
Step	Steps, weights, bands	Full body aerobic and toning workout using an elevated platform. Great for strengthening the muscles of the lower body.

Class Type	Equipment	Class Aim
Pilates	Mats, bands & balls	Whole body workout based around core strength, posture, spinal & pelvic alignments & body control.
Pure Stretch	Mats & yoga straps	For those who want to improve overall flexibility & mobility.
Yoga	Mind & Body	Yoga is a physical, mental, and spiritual practice designed to improve all round health, fitness & wellbeing.
Thai Yoga	Mind & Body	Thai Yoga is a gentle form of yoga that works on energy lines. With focussed breathing and a flowing pattern of exercise, Thai yoga opens the energy lines whilst stretching the areas around the spine and neck. Because the pattern stays the same each class, the body becomes more flexible allowing you to get deeper into positions over time.
Remedial Pilates	Mind & Body	Whole body workout based around core strength, posture, spinal & pelvic alignments & body control, for beginners.
Zumba	Toning sticks	Cardiovascular and toning, high energy workout based around Latin dance.

Please Note:

Minimum age for all adult classes is 14 years old. If you are new to exercise or have any doubts about your suitability you are advised to take advice from your GP. All participants are asked to read and sign the Health commitment statement before commencing activities. Booking is available 8 days in advance.

All classes are FREE to UNLIMITED members

Admission to any exercise and fitness class after the warm up period has taken place may not be permitted. This is to safeguard you against injury.

Pay as you go

Pre paid booking is available 7 days in advance.

All class times include set up / take down time. All classes subject to change.

Customer suggestions, comments or complaints are very important to us. Please call us or email comments@ledleisure.co.uk



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