

Group Exercise

@ Exmouth Tennis & Fitness Centre



Monday		Instructor	Time	Ability	Venue
	Cardio Tennis	Ben	10.10 – 10.55	💧💧	Court 4
*	Active Mums Bootcamp	Lindsay	10.00 – 11.00	💧💧💧	Functional Training Area
	HIIT	Kelly	18:00 – 18:30	💧💧💧	Functional Training Area
Tuesday		Instructor	Time	Ability	Venue
	Sun Rise HIIT	Ryan	07:10 – 07:40	💧💧💧	Court 5
	HIIT & Core	Lindsay	09.15 – 10.00	💧💧💧	Court 4
	Cardio Tennis	Simon & Mike	18.10 – 18.55	💧💧	Court 3 & 4
	Bootcamp	Geoff	18:30 – 19:30	💧💧💧	Functional Training Area
Wednesday		Instructor	Time	Ability	Venue
	Cardio Tennis	Mike	19.10 – 19.55	💧💧💧	Court 4
Thursday		Instructor	Time	Ability	Venue
	Sun Rise HIIT	Ryan	07:10 – 07:45	💧💧💧	Court 5
	Cardio Tennis	Mike & Ben	09.10 – 09.55	💧💧	Court 2 & 3
	HIIT & Core	Geoff	09.15 – 10.00	💧💧💧	Court 4
	Cardio Tennis	Mike	10.10 – 10.55	💧💧	Court 3
Sunday		Instructor	Time	Ability	Venue
	Military Bootcamp	Tom	09.10 – 10.10	💧💧💧💧	Functional Training Area

Mind & Body
 Cardio

Strength & Conditioning
 Specialised

High Intensity
 Outdoor Class

* Class runs February - December

Please note

Minimum age for all adult classes is 16 years old. All class times include set up/take down time. All classes subject to change.

Bookings

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

LED App

All classes can now be booked on the LED App. Download it from the App Store now



www.ledleisure.co.uk

