

Group Exercise

@ Exmouth Tennis & Fitness Centre



Monday		Instructor	Time	Ability	Venue
Orange	Cardio Tennis	Ben	10.10 – 10.55	2	Court 4
Light Purple	Active Mums Bootcamp	Lindsay	10.00 – 11.00	3	Functional Training Area
Red	HIIT	Lindsay	18:00 – 18:30	3	Functional Training Area
Red	HIIT	Lindsay	18:35 – 19:05	3	Functional Training Area
Tuesday		Instructor	Time	Ability	Venue
Red	Sun Rise HIIT	Ryan	07:10 – 07:40	3	Functional Training Area
Red	HIIT & Core	Lindsay	09.15 – 10.00	3	Court 4
Orange	Cardio Tennis	Simon & Mike	18.10 – 18.55	2	Court 3 & 4
Light Green	Bootcamp	Geoff	18:30 – 19:30	3	Functional Training Area
Wednesday		Instructor	Time	Ability	Venue
Orange	Kettlebell	Ryan	19:00 – 19:30	3	Functional Training Area
Orange	Cardio Tennis	Mike	19.10 – 19.55	3	Court 4
Thursday		Instructor	Time	Ability	Venue
Orange	Cardio Tennis	Mike & Ben	09.10 – 09.55	2	Court 2 & 3
Red	HIIT & Core	Tash	09.15 – 10.00	3	Court 4
Orange	Cardio Tennis	Mike	10.10 – 10.55	2	Court 3
Light Purple	Body Balance	Tash	10.00 – 11.00	2	Court 4
Light Green	Core	Kelly	17:00 – 17:30	2	Functional Training Area
Sunday		Instructor	Time	Ability	Venue
Light Green	Military Bootcamp	Tom	09.10 – 10.10	4	Functional Training Area

Orange Mind & Body
Light Purple Cardio

Light Green Strength & Conditioning
Light Purple Specialised

Red High Intensity
Blue Outdoor Class

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

