

Group Exercise Timetable

Jan 2018


Monday	Instructor	Time	Venue	Ability
TRX	Gemma	07.00 - 07.30	Studio 1	☹☹☹
Walking Circuits	Jason	08.00 - 09.00	Studio 1	☹☹
Kettlebell	Sarah	08.00 - 08.45	Studio 2	☹☹
Zumba*	Jane G	09.15 - 10.10	Studio 1	☹☹☹
Float Fit*	Jane P	09.15 - 10.00	Pool	☹☹
Yoga Fitness*	Sarah	10.15 - 11.10	Studio 1	☹☹
Aquafit	Jane G	10.45 - 11.30	Pool	☹☹
Remedial Pilates	Jane G	11.35 - 12.35	Studio 1	☹
Boogie Bounce Teen*	Gemma	15.15 - 16.00	Studio 1	☹☹
Zumba Kids*	Connie	17.00 - 17.45	Studio 2	☹☹
D Bands HiiT*	Helena	17.30 - 18.15	HCC Studio	☹☹
PiYo*	Sarah	18.00 - 18.45	Studio 1	☹☹
Studio Cycling*	Jason	18.00 - 18.45	Studio 2	☹☹☹
Beginner Adult Karate* ^{13yrs+}	Paul	18.15 - 19.15	HCC Hall	☹☹
Body Pump	Vladka	18.45 - 19.45	Studio 1	☹☹☹
Studio Cycling*	Jason	19.00 - 19.45	Studio 2	☹☹
Fight Fit	Paul	19.30 - 20.30	HCC Hall	☹☹
Boogie Bounce*	Gemma	20.00 - 20.45	Studio 1	☹☹
Tuesday	Instructor	Time	Venue	Ability
Studio Cycling*	Brian	07.00 - 07.45	Studio 2	☹☹☹
Aerobics*	Jane P	09.15 - 10.10	Studio 1	☹☹
Aquaflex*	Mary B	09.15 - 10.00	Pool	☹
Intermediate Pilates*	Jude	10.15 - 11.15	Studio 1	☹☹
Boogie Bounce*	Jane G	11.30 - 12.15	Studio 1	☹☹
Circuits	Matt	18.00 - 18.55	Studio 1	☹☹☹
Studio Cycling*	Brian	18.00 - 18.45	Studio 2	☹☹☹
Float Fit*	Stuart	18.45 - 19.30	Pool	☹☹☹
Studio Cycling*	Brian	19.00 - 19.45	Studio 2	☹☹☹
Body Balance*	Sarah	19.00 - 20.00	Studio 1	☹☹
Body Combat*	Kim	20.00 - 21.00	Studio 1	☹☹☹


Wednesday	Instructor	Time	Venue	Ability
Kettlebell	Sarah	09.15 - 10.00	Studio 2	☹☹
Yoga Fitness*	Jude	10.15 - 11.15	Studio 2	☹
Live Strong	Mary	11.00 - 12.00	Pool	☹☹
PiYo*	Sarah	11.30 - 12.15	Studio 2	☹☹☹
Float Fit Teen*	Jane P	15.15 - 16.00	Pool	☹☹
Tums, Bums & Thighs*	Jude	18.00 - 18.45	Studio 1	☹☹
Yoga*	Jane G	18.00 - 19.00	HCC Studio	☹☹
Functional Fit	Jason	18.00 - 18.45	HCC Hall	☹☹☹
Body Pump	Vladka	18.50 - 19.50	Studio 1	☹☹
Float Fit	Jane P	19.00 - 19.45	Pool	☹☹
Intermediate Pilates*	Jude	19.00 - 20.00	HCC Studio	☹☹
Beginners/Plus Pilates*	Jude	20.00 - 21.00	HCC Studio	☹☹
Thursday	Instructor	Time	Venue	Ability
Boogie Bounce*	Gemma	07.00 - 07.45	Studio 1	☹☹☹
Body Blitz	Jane G	09.15 - 10.10	Studio 1	☹☹
Intermediate Pilates*	Jane G	10.15 - 11.15	Studio 1	☹☹
Beginners/plus Pilates*	Jane G	11.15 - 12.15	Studio 1	☹☹☹
Aquaflex*	Sabine	12.00 - 12.45	Pool	☹☹☹
Circuits	Jason	18.00 - 18.55	Studio 1	☹☹☹
Body Combat*	Kim	18.30 - 19.30	HCC Studio	☹☹
Body Balance*	Jude	19.00 - 20.00	Studio 1	☹☹☹
Studio Cycling*	Nicki	19.00 - 19.45	Studio 2	☹☹☹

Friday	Instructor	Time	Venue	Ability
Studio Cycling*	Nicki	20.00 - 20.45	Studio 2	☹☹☹
D Bands HiiT*	Helena	07.00 - 07.45	Studio 1	☹
Walking Circuits	Matt	08.00 - 08.45	Studio 1	☹☹
Kettlebell	Sarah	08.00 - 08.45	Studio 2	☹☹
Aerobics*	Gemma	09.15 - 10.10	Studio 1	☹☹
Body Balance*	Sarah	10.15 - 11.15	Studio 1	☹
Gentle Aqua	Matt	11.00 - 11.30	Pool	☹☹
Boogie Bounce*	Gemma	17.30 - 18.15	Studio 1	☹☹☹
Vibe Cycle	Helena	18.00 - 18.45	Studio 2	☹☹
Functional Fit	Adam	18.00 - 18.45	HCC Hall	☹☹
Zumba	Connie	18.00 - 19.00	HCC Studio	☹☹
Step*	Sabine	18.15 - 19.00	Studio 1	☹☹☹
Body Combat*	Gemma	19.00 - 20.00	Studio 2	☹☹☹
TRX	Stuart	19.15 - 19.45	Studio 1	☹☹☹
Saturday	Instructor	Time	Venue	Ability
Studio Cycling*	Nicki	08.15 - 09.00	Studio 2	☹☹
Boogie Bounce	Jane G	08.30 - 09.15	Studio 1	☹☹☹
Studio Cycling*	Nicki	09.00 - 09.45	Studio 2	☹☹
Core*	Jane G	09.15 - 09.45	Studio 1	☹☹
Kettlebell	Jane G	10.00 - 10.45	Studio 2	☹☹☹
Body Pump	Lou	10.00 - 11.00	Studio 1	☹☹
Adult Karate	Paul	11.15 - 12.15	Studio 1	☹☹
Family Karate	Paul	12.15 - 13.15	Studio 1	☹☹☹
Sunday	Instructor	Time	Venue	Ability
Body Balance*	Jude	09.00 - 10.00	Studio 1	☹☹
Pilates*	Jude	10.00 - 11.00	Studio 1	☹☹
Zumba*	Connie	18.00 - 19.00	Studio 1	☹☹☹
Studio Cycling*	Brian	18.00 - 18.45	Studio 2	☹☹☹
Boot Camp	Brian	19.00 - 20.00	Studio 1	☹☹☹

* 14 years +

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

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Honiton
 Fitness

Group Exercise Timetable 2018

Class Descriptions

Exercise Class	Exercise Class Category	Class Aims
TRX Fit	Strength & Conditioning	TRX Fit is a class using your own bodyweight in exercises that develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises
Functional Fit	Strength & Conditioning	Functional Fit is a form of resistance training that includes exercises using your own body weight and a variety of equipment. The aim of the class is to develop strength, balance, flexibility and joint stability simultaneously, whilst bringing fun back into the workout.
PiYo	Strength & Conditioning	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
Float Fit	Pool	The FloatFit HIIT class is a 30 minute workout including burpees, lunges, squats, aquaclimbers, v-sits.... all on water! This low impact, cross training class gives you a fun full body workout.
Remedial Pilates	Mind, Body	This is for complete beginners who may have mobility issues, medical or clinical.
Yoga Fitness	Mind & Body	Yoga Fitness is an effective and exciting "Mind" and "Body" workout. ... It combines aerobic and anaerobic movements, as well as elements from Hatha Yoga and traditional exercise, linked together in a flowing series of poses that create strength, flexibility, endurance and balance.
Pilates	Mind & Body	Pilates focuses on strengthening the body by recruiting core muscles. Pilates involves finding and maintaining the neutral position of the spine during standing, prone and supine positions building CORE STABILITY. Pilates also relaxes and calms the mind using deep breathing techniques.
Body Balance	Mind & Body	Body Balance is a class combining Tai-Chi, Yoga and Pilates and it is for anyone and everyone. It uses a range of movements and motions set to music that will improve your mind and body.
Boogie Bounce		Is an awesome exercise class using mini trampolines with a safety T-bar, using easy to pick up, choreographed routines to chart topping music.
Fightfit		The class is a new & exciting martial arts-based circuit class involving shadow boxing, kickboxing, karate, stretching, and bodyweight stations followed by deep stretching & meditation, all taught by a fully qualified black-belt instructor.
D-Bands HiIT		The aim of this class is to build strength, speed, stamina and shapes muscle of the lower body using specifically designed rubber bands that will enhance resistance through out the workout.
Karate	Martial Arts	SYTL Karate is an exciting Karate Club exclusive to Honiton Leisure Centre. SYTL Karate teaches the style of Goju-Ryu Karate Fitness, Self Defense, Confidence, Discipline, Mental Strength and Concentration.
Walking Circuits	Strength & Conditioning	A class with both aerobic and strength exercises to improve all round fitness in a fun but motivating environment

Crèche

Open 9am - 12.30pm

Mondays, Tuesdays,
Thursdays & Fridays



* 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!

www.ledleisure.co.uk

Honiton Leisure Centre | School Lane, Honiton EX14 1QW | 01404 42325

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