

Group Exercise

April '18

| Monday | Ability | Instructor | Time | Venue |
|---|---------|------------|---------------|------------------------|
| ● Studio Cycling | ●●● | Naomi | 09.15 - 10.00 | SLC - Studio |
| ● AquaFit | ●● | Barbara | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ● Bodypump [#] | ●●● | Naomi | 10.15 - 11.15 | SLC - Studio |
| ● Adult Improvers Swimming Lessons [#] | ●● | Barbara | 11.00 - 11.45 | Sidmouth Swimming Pool |
| ○ Pilates Course (All Abilities) [#] | ●● | Dana | 11.30 - 12.30 | Stowford Centre |
| ● Adult Improvers Swimming Lessons [#] | ●● | Anne | 18.00 - 18.45 | Sidmouth Swimming Pool |
| ● Studio Cycling | ●●● | Dominic | 18.00 - 18.45 | SLC - Studio |
| ● Circuits | ●●● | Dominic | 19.10 - 20.00 | SLC - Main Hall |
| ● Adult Beginners Swimming Lesson [#] | ● | Anne | 19.00 - 19.45 | Sidmouth Swimming Pool |
| ● Bodypump [#] | ●●● | Louise | 19.00 - 19.45 | SLC - Studio |
| ○ Body Balance [#] | ●● | Louise | 20.00 - 21.00 | SLC - Studio |
| Tuesday | Ability | Instructor | Time | Venue |
| ● Aqua Flex | ● | Dana | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ● Bodypump [#] | ●●● | Naomi | 09.15 - 10.15 | SLC - Studio |
| ● Aqua Circuits | ●● | Dana | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ○ Studio Stretch | ● | Naomi | 10.30 - 11.15 | SLC - Squash Court |
| ● Dance Fit | ●● | Naomi | 18.00 - 19.00 | SLC - Main Hall |
| ● Studio Cycling | ●● | Janet | 18.00 - 18.45 | SLC - Studio |
| ● Body Conditioning | ●●● | Janet | 19.00 - 19.45 | SLC - Main Hall |
| ● Bodypump [#] | ●●● | Naomi | 19.00 - 20.00 | SLC - Studio |
| ● SwimFit | ●●● | Robert | 20.00 - 21.00 | Sidmouth Swimming Pool |
| ○ Bodybalance [#] | ●● | Katherine | 20.00 - 21.00 | SLC - Studio |
| Wednesday | Ability | Instructor | Time | Venue |
| ● Bodypump [#] | ●● | Naomi | 09.15 - 10.00 | SLC - Studio |
| ● AquaFit | ●● | Dana | 09.45 - 10.30 | Sidmouth Swimming Pool |
| ● Step | ●● | Naomi | 10.15 - 11.15 | SLC - Squash Court |
| ● Studio Cycling | ●● | Dominic | 11.20 - 12.05 | SLC - Studio |
| ○ Pilates Course (All Abilities) [#] | ●● | Dana | 11.30 - 12.30 | Stowford Centre |
| ● Bodypump [#] | ●●● | Naomi | 18.00 - 19.00 | SLC - Studio |
| ● Kettlercise [#] | ●●● | Lucy | 19.00 - 20.00 | SLC - Main Hall |
| ● Studio Cycling | ●●● | Naomi | 19.15 - 20.00 | SLC - Studio |
| ● Core Conditioning | ●● | Lucy | 20.00 - 20.30 | SLC - Studio |
| ● Swimfit | ●● | | 20.00 - 21.00 | Sidmouth Swimming Pool |



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Group Exercise

| Thursday | Ability | Instructor | Time | Venue |
|------------------------------------|---------|------------|---------------|------------------------|
| ● Aquafit | 💧💧 | Olivia | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ● Kettlebells* | 💧💧💧 | Dominic | 09.30 - 10.15 | SLC - Studio |
| ○ Body Balance* | 💧💧 | Katherine | 10.30 - 11.30 | SLC - Squash Court |
| ● Studio Cycling | 💧💧💧 | Rachel | 18.00 - 18.45 | SLC - Studio |
| ● Adult Improvers Swimming Lesson* | 💧💧 | Anne | 18.00 - 18.45 | Sidmouth Swimming Pool |
| ● Beginners Studio Cycling | 💧💧 | Rachel | 18.45 - 19.30 | SLC - Studio |
| ● Bounce & Burn | 💧💧 | Janet | 20.10 - 20.55 | SLC - Main Hall |
| Friday | Ability | Instructor | Time | Venue |
| ● Aquafit | 💧💧 | Olivia | 09.00 - 09.45 | Sidmouth Swimming Pool |
| ● Body Conditioning | 💧💧💧 | Janet | 09.15 - 10.15 | SLC - Squash Court |
| ● Bodypump# | 💧💧💧 | Naomi | 09.15 - 10.15 | SLC - Studio |
| ● Studio Stretch | 💧💧 | Janet | 10.20 - 11.05 | SLC - Squash Court |
| ● Studio Cycling | 💧💧💧 | Naomi | 10.30 - 11.15 | SLC - Studio |
| ○ Body Balance* | 💧💧 | Katherine | 17.15 - 18.00 | SLC - Studio |
| ● Studio Cycling | 💧💧💧 | Chris | 18.15 - 19.00 | SLC - Studio |
| ● Studio Cycling | 💧💧💧 | Chris | 19.00 - 19.45 | SLC - Studio |
| Saturday | Ability | Instructor | Time | Venue |
| ● Studio Cycling | 💧💧💧 | Dominic | 09.00 - 09.45 | SLC - Studio |
| ● Core Conditioning | 💧💧 | Janet | 09.55 - 10.30 | SLC - Squash Court |
| ● Circuits | 💧💧 | Dominic | 10.00 - 10.45 | SLC - Studio |
| ○ Studio Stretch | 💧 | Janet | 09.55 - 11.00 | SLC - Squash Court |
| Sunday | Ability | Instructor | Time | Venue |
| ● Studio Cycling | 💧💧💧 | Kate | 08.10 - 08.55 | SLC - Studio |
| ● Studio Cycling | 💧💧💧 | Kate | 09.00 - 09.45 | SLC - Studio |

- Dance
- Mind & Body
- Pool
- Strength & Conditioning
- Cardio
- High Intensity
- Teen

💧 Beginners & very low impact 💧💧 Suitable for all 💧💧💧 More suited to advanced

Please note:

Minimum age for classes is 14 years old except where indicated #, in which case the minimum age 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. Pay as you go Non Members can book 7 days in advance. A minimum of 24 hours notice is required to guarantee a refund and avoid any strikes.

Contact Details

Sidmouth Swimming Pool
Ham Lane, Sidmouth EX10 8XR
Tel: 01395 577057

Sidmouth Leisure Centre
Primley Road, Sidmouth EX10 9LH
Tel: 01395 577679

www.ledleisure.co.uk

