

Group Exercise

Timetable

Monday		Instructor	Time	Ability	Venue
	Studio Cycling	Nick	7.00 – 7.45	💧💧	Studio
	Step and Condition	Nick	9.15 – 10.15	💧	Studio
	Studio Stretch	Jenny	10.30 – 11.30	💧	Studio
	Pilates	Judith	11.30 – 12.30	💧	Studio
	Yoga	Helen	12.35-13.35	💧💧	Studio
	Kettlebells	Mel	17.15 – 18.00	💧💧	Studio
	Powerhoop	Michaela	18.00 – 19.00	💧	Main Hall
	Legs,Bums&Tums	Karen	18.00 – 19.00	💧	Studio
	Circuits	Mel	19.00 – 20.00	💧💧💧	Studio
	Zumba	Michaela	19.00 – 20.00	💧	Main Hall
	Aquafit	Karen	19.00 – 19.45	💧	Pool
	Studio Cycling	Nikki	20.00 – 20.45	💧💧	Studio
Tuesday		Instructor	Time	Ability	Venue
	Functional Fit	Tarida	7.00 – 7.45	💧💧	Studio
	Studio Cycling	Judith	9.15 – 10.00	💧💧	Studio
	Low Impact Aerobics	Judith	10.15 – 11.15	💧	Studio
	Pilates	Judith	11.30 – 12.30	💧	Studio
	Aquafit	Judith	12.30 – 13.15	💧	Pool
	HIIT	Nick	17.30 – 18.00	💧💧💧	Studio
	Kettlebells	Nick	18.00 – 18.30	💧💧	Studio
	HIIT	Nick	18.30-19.00	💧💧💧	Studio
	Studio Cycling	Nick	19.00 – 19.45	💧💧	Studio
	Studio Cycling	Mel	19.45 – 20.30	💧💧	Studio
	Studio Stretch	Jenny	20.30 – 21.30	💧	Studio
Wednesday		Instructor	Time	Ability	Venue
	Studio Cycling	Mel	7.00 – 7.45	💧💧	Studio
	FitBall	Louise	9.15 – 10.15	💧	Studio
	Studio Stretch	Jenny	10.30 – 11.30	💧	Studio
	Activity Referral	Marion	13.30 – 14.30	💧	Studio
	Pilates	Nick	14.30 – 15.30	💧	Studio
	Step and Condition	Nick	17.30 – 18.15	💧	Studio
	Studio Cycling	Nick	18.15 – 19.00	💧	Studio
	Aerobics	Louise	19.00 – 20.00	💧💧	Studio
	Aquafit	Nikki	19.00 – 19.45	💧	Pool
	Pilates	Sam	20.00 – 21.00	💧	Studio

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Wincanton Sports Centre
West Hill, Wincanton, Somerset, BA9 9SP


01963 824400



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Thursday		Instructor	Time	Ability	Venue
	Studio Cycling	Judith	9.15 – 10.00		Studio
	Zumba	Michaela	10.15 – 11.15		Studio
	Yoga	Helen	11.30 – 12.30		Studio
	Aquafit	Judith	11.15 – 12.00		Pool
	HIIT	Jack	17.30 – 18.00		Main Hall
	Studio Cycling	Mel	20.00 – 20.45		Studio
Friday		Instructor	Time	Ability	Venue
	Studio Cycling	Nick	7.00 – 7.45		Studio
	Studio Strength	Nick	9.15 – 10.15		Studio
	Deep Water Aqua	Judith	9.15 – 10.00		Pool
	Studio Cycling	Nick	10.30 – 11.15		Studio
	Studio Stretch	Jenny	11.30 – 12.30		Studio
	Pilates	Nick	12.35 – 13.35		Studio
	50+ Aquafit	Judith	15.00 – 15.45		Pool
	Pilates	Taryn	18.00 – 19.00		Studio
Saturday		Instructor	Time	Ability	Venue
	Studio Cycling	Mel	8.00 – 8.45		Studio
	Studio Stretch	Jenny	9.00 – 10.00		Studio
Sunday		Instructor	Time	Ability	Venue
	Studio Strength	Louise	10.00 – 10.45		Studio
	Studio Cycling	Louise	11.00 – 11.45		Studio
	Studio Cycling	Nikki	18.00 – 18.45		Studio

 Mind & Body

 Cardio

 Strength & Conditioning

 Dance

 High intensity

 Specialised

Bookings

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

Please note

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

All classes are subject to change.



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