

From Sept 2017

Exercise Class Timetable

Friday	Ability	Instructor	Time	Venue
Studio Cycling	💧💧	Russ	7:00 - 7:45am	Westlands Studio 2
Body Balance	💧	Jo	9:30 - 10:30am	Goldenstones
Studio Cycling	💧💧	Gym Team	9:30 - 10:15am	Westlands Studio 2
Functional Blitz	💧💧	Gym Team	10:30 - 11:00am	Westlands Gym
Step	💧💧	Claire	10:30 - 11:15am	Goldenstones
Pilates	💧	Ali	10:30 - 11:30am	Westlands Studio 2
Yoga	💧💧	Ali	11:30 - 12:30pm	Westlands Studio 2
Boccia	💧	Laura	11:30 - 12:30pm	Goldenstones
Ab Attack	💧	Russ	1:00 - 1:30pm	Goldenstones
Kundlini Yoga	💧💧	Tarana	5:30 - 7:00pm	Goldenstones
Body Vive	💧💧	Mat	5:30 - 6:15pm	Westlands Studio 2
HIIT	💧💧	Rachel	5:30 - 6:00pm	Westlands Studio 1
Body Balance	💧💧	Mat	6:15 - 7:00pm	Westlands Studio 2
Body Conditioning	💧	Rachel	6:00 - 7:00pm	Westlands Studio 1

Saturday	Ability	Instructor	Time	Venue
Studio Cycling	💧💧	Harry	9:00 - 9:45am	Westlands Studio 2
Vinyasa Flow Yoga	💧💧	Helen	9:00 - 10:00am	Westlands Studio 1
Body Pump	💧💧	Jo/Steve	9:30 - 10:30am	Goldenstones
Pound	💧💧	Debbie	10:00 - 10:45am	Westlands Studio 2
Gentle Yoga	💧	Helen	10:00 - 11:00am	Westlands Studio 1
Body Balance	💧	Jo	10:30 - 11:30am	Goldenstones
Zumba Gold	💧💧	Debbie	10:45 - 11:30am	Westlands Studio 2
Pilates	💧	Debbie	11:30 - 12:30pm	Westlands Studio 2

Sunday	Ability	Instructor	Time	Venue
HIIT	💧💧💧	Rachel	9:00 - 9:30am	Westlands Studio 1
Studio Cycling	💧💧	Owain	9:30 - 10:15am	Westlands Studio 2
Body Combat	💧💧	Rachel	9:30 - 10:30am	Westlands Studio 1
Aquanatal	💧	Midwives	5:00 - 6:00pm	Goldenstones Pool
Body Pump	💧💧	Rachel	6:00 - 7:00pm	Goldenstones

Class Categories

- Mind & Body
 Cardio
 Strength & Conditioning
 Dance
 Pool
- High Intensity
 Under 16s
 Specialised (or invite only)

Abilities

- 💧 Suited to beginners
- 💧💧 Suitable for all levels
- 💧💧💧 More suited to experienced exercisers

Booking Classes

Unlimited members can book classes 8 days in advance and classes are free. Pay as you Go non-members can book 7 days in advance and classes prices range from £2.50 - £6.20. Booking is available on line at www.ledleisure.co.uk. Ensure you select the correct venue. Cancellations must be made 24hrs in advance of the start or refunds will not be given.

Information

Minimum age for classes is 16yrs, unless specific age is stated or there is a * by the class name which allows entry from 14yrs+. All class times include set up / take down time. Classes are correct at the time of print.

Goldenstones Leisure Centre
Brunswick Street
Yeovil
BA20 1QZ

Westlands Sport & Fitness Centre
Westbourne Close
Yeovil
BA20 2DD

Buckler's Mead Leisure Centre
St John's Road
Yeovil
BA21 4NH



Goldenstones
Leisure Centre

Westlands
Sport & Fitness Centre

Buckler's Mead
Leisure Centre



www.ledleisure.co.uk



Monday	Ability	Instructor	Time	Venue
Studio Cycling	💧💧	Russ / Steve	7:00 - 7:45am	Westlands Studio 2
HIIT	💧💧💧	Rachel	7:00 - 7:30am	Westlands Studio 1
C X WORX	💧💧	Rachel	7:30 - 8:00am	Westlands Studio 1
Zumba Gold	💧	Debbie	9:30 - 10:30am	Westlands Studio 2
Body Balance	💧	Jo	9:30 - 10:30am	Goldenstones
Tai Chi	💧	Debbie	10:30 - 11:30am	Westlands Studio 2
Body Vive	💧💧	Mat	10:30 - 11:30am	Goldenstones
AquaFit	💧💧	Claire	11:00 - 11:45am	Goldenstones Pool
Tai Chi	💧	Debbie	11:30 - 12:30pm	Westlands Studio 2
Studio Stretch	💧	Claire	12:00 - 12:45pm	Goldenstones
Body Pump	💧💧	Steve	5:15 - 6:00pm	Goldenstones
Studio Cycling	💧💧	Russ	5:30 - 6:15pm	Westlands Studio 2
Body Combat	💧💧	Jo	6:00 - 7:00pm	Goldenstones
Functional Blitz	💧💧	Gym Team	6:15 - 6:45pm	Westlands Gym
Kettlebells	💧💧	Russ	6:30 - 7:15pm	Westlands Studio 2
Body Balance	💧	Jo	7:00 - 8:00pm	Goldenstones
Vinyasa Flow Yoga	💧💧	Helen	7:00 - 8:00pm	Westlands Studio 1
Circuits	💧💧	Aaron	7:00 - 8:00pm	Buckler's Mead
Gentle Yoga	💧	Helen	8:00 - 9:00pm	Westlands Studio 1
Zumba	💧	Mitica	8:00 - 9:00pm	Goldenstones
AquaFit	💧	Claire	8:15 - 9:00pm	Goldenstones Pool

Tuesday	Ability	Instructor	Time	Venue
HIIT	💧💧💧	Claire	7:00 - 7:30am	Goldenstones
Body Pump	💧💧	Steve	9:30 - 10:30am	Goldenstones
Body Combat	💧💧	Rachel	9:30 - 10:30am	Westlands Studio 1
Studio Cycling	💧💧	Gym Team	9:30 - 10:15am	Westlands Studio 2
C X WORX	💧💧	Rachel	10:30 - 11:00am	Westlands Studio 1
Pilates	💧	Carolyn	10:30 - 11:30am	Goldenstones
AquaFit	💧	Claire	11:00 - 11:45am	Goldenstones Pool
Functional Blitz	💧💧	Gym Team	12:30 - 1:00pm	Westlands Gym
HIIT	💧💧💧	Steve	5:30 - 6:00pm	Goldenstones
Studio Cycling	💧💧	Harry	6:00 - 6:45pm	Westlands Studio 2
Body Pump	💧💧	Steve	6:00 - 7:00pm	Goldenstones
Functional Blitz	💧💧	Gym Team	6:15 - 6:45pm	Westlands Gym
Fitball	💧	Natasha	6:15 - 7:00pm	Westlands Studio 1
Bootcamp	💧💧	Russ	7:00 - 8:00pm	Goldenstones
Body Pump	💧💧	Natasha	7:00 - 8:00pm	Westlands Studio 1
Pilates	💧	Jen	7:00 - 8:00pm	Westlands Studio 2
Aqua Zumba	💧	Mitica	7:00 - 7:45pm	Goldenstones Pool
Body Balance	💧	Natasha	8:00 - 9:00pm	Westlands Studio 1
Zumba Step	💧💧	Sara	8:05 - 9:05pm	Goldenstones

Wednesday	Ability	Instructor	Time	Venue
Studio Cycling	💧💧	Russ	7:00 - 7:45am	Westlands Studio 2
Kettlebells	💧💧	Claire	7:00 - 7:45am	Goldenstones
Studio Stretch	💧	Claire	8:30 - 9:15am	Goldenstones
Studio Cycling	💧💧	Gym Team	9:30 - 10:15am	Westlands Studio 2
Body Conditioning	💧	Jo	9:30 - 10:30am	Goldenstones
Body Balance	💧	Jo	10:30 - 11:30am	Goldenstones
Studio Stretch	💧	Claire	10:30 - 11:15am	Westlands Studio 2
Pilates	💧	Ali	11:30 - 12:30pm	Westlands Studio 2
Circuits	💧💧	Russ	5:15 - 6:00pm	Goldenstones
Studio Cycling	💧💧	Steve	5:30 - 6:15pm	Westlands Studio 2
Metafit	💧💧💧	Claire	6:00 - 6:30pm	Westlands Studio 1
Body Conditioning	💧	Jo	6:00 - 7:00pm	Goldenstones
Hula class	💧💧	Amanda	6:00 - 7:00pm	Buckler's Mead
Kettlebells	💧💧	Claire	6:30 - 7:15pm	Westlands Studio 1
Body Combat	💧💧	Rachel	6:30 - 7:30pm	Westlands Studio 2
Body Pump	💧💧	Steve	7:00 - 8:00pm	Goldenstones
Studio Stretch	💧	Claire	7:15 - 8:00pm	Westlands Studio 1
Functional Blitz	💧💧	Gym Team	7:15 - 7:45pm	Westlands Gym
Ab Attack	💧	Steve	8:00 - 8:30pm	Goldenstones
Zumba	💧	Sara	8:00 - 9:00pm	Westlands Studio 1

Thursday	Ability	Instructor	Time	Venue
Circuits	💧💧	Russ	7:00 - 7:30am	Goldenstones
Abs	💧💧	Russ	7:30 - 7:45am	Goldenstones
Zumba	💧💧	Mitica	9:30 - 10:15am	Goldenstones
Body Pump	💧💧	Rachel	9:30 - 10:30am	Westlands Studio 1
Studio Stretch	💧	Claire	10:30 - 11:15am	Goldenstones
AquaFit	💧	Claire	11:15 - 12noon	Goldenstones Pool
Pilates	💧	Carolyn	12:00 - 1:00pm	Goldenstones
Pilates (Invite Only)	💧	Carolyn	1:00 - 2:00pm	Goldenstones
Express Kettlebells	💧💧	Rachel	5:30 - 6:00pm	Goldenstones
Body Combat	💧💧	Jo	5:30 - 6:30pm	Westlands Studio 1
Studio Cycling	💧💧	Russ	5:30 - 6:15pm	Westlands Studio 2
HIIT	💧💧	Rachel	6:00 - 6:30pm	Goldenstones
C X WORX	💧💧	Rachel	6:30 - 7:00pm	Goldenstones
Power Hoop	💧💧	Michaela	6:30 - 7:15pm	Westlands Sportshall
Body Pump	💧💧	Jo	6:30 - 7:30pm	Westlands Studio 1
Circuits	💧💧	Russ	7:00 - 8:00pm	Goldenstones
Functional Blitz	💧💧	Gym Team	7:15 - 7:45pm	Westlands Gym
Zumba	💧💧	Sara	7:30 - 8:30pm	Westlands Studio 2
Step	💧💧	Tarida	7:30 - 8:15pm	Westlands Studio 1
Body Vive	💧💧	Mat	8:00 - 9:00pm	Goldenstones
Studio Stretch	💧	Tarida	8:15 - 9:00pm	Westlands Studio 1
AquaFit	💧	Claire	8:15 - 9:00pm	Goldenstones Pool