

Studio Timetable

Burntwood Leisure Centre

Accurate as of 24/11/2017

(17-07-2017 - 23-07-2017)



Day	Time	Session	Facility
Mon	9:30 am - 10:30 am	Body Pump	Studio One
Mon	10:45 am - 11:30 am	Fitness Pilates	Studio One
Mon	11:45 am - 12:30 pm	Dance Class	Studio One
Mon	6:00 pm - 6:45 pm	Top to Toe Toning	Studio One
Mon	6:00 pm - 6:45 pm	Studio Cycling	Studio Two
Mon	7:00 pm - 7:45 pm	Step Up	Studio One
Mon	7:00 pm - 7:45 pm	Pilate Ball	Studio Two
Mon	8:00 pm - 8:45 pm	Studio Cycling	Studio Two
Mon	8:00 pm - 8:45 pm	Aqua Aerobics	Small Pool
Mon	8:00 pm - 9:00 pm	Body Pump	Studio One
Tue	9:00 am - 10:00 am	Yoga	Studio One
Tue	10:15 am - 11:00 am	Top to Toe Toning	Studio One
Tue	10:45 am - 11:45 am	50+ Aerobics	Sports Hall
Tue	12:00 pm - 12:45 pm	Fitness Pilates	Studio One
Tue	5:00 pm - 5:45 pm	Studio Cycling	Studio Two
Tue	6:00 pm - 6:45 pm	Studio Cycling	Studio Two
Tue	6:15 pm - 7:00 pm	Body Pump	Studio One
Tue	7:00 pm - 7:45 pm	Studio Cycling	Studio Two
Tue	7:15 pm - 8:15 pm	Body Combat	Studio One
Tue	8:00 pm - 9:00 pm	Swimfit Boot Camp	Main Pool
Tue	8:30 pm - 9:30 pm	Yoga	Studio One

Day	Time	Session	Facility
Wed	9:30 am - 10:15 am	Top to Toe Toning	Studio One
Wed	10:30 am - 11:15 am	Fitness Pilates	Studio One
Wed	6:00 pm - 6:45 pm	Studio Cycling	Studio Two
Wed	6:00 pm - 6:45 pm	Cardio HIIT	Studio One
Wed	6:00 pm - 6:45 pm	Aerobics	Studio One
Wed	7:00 pm - 7:45 pm	Fitness Pilates	Studio Two
Wed	7:00 pm - 7:45 pm	Bootcamp	Sports Hall
Wed	7:00 pm - 7:45 pm	Sculpt and Tone	Studio One
Wed	8:00 pm - 8:45 pm	Studio Cycling	Studio Two
Wed	8:00 pm - 8:45 pm	Clubbercise	Studio One
Thu	7:30 am - 8:10 am	Studio Cycling	Studio Two
Thu	9:30 am - 10:30 am	Body Pump	Studio One
Thu	10:45 am - 11:30 am	Fitness Pilates	Studio One
Thu	6:15 pm - 7:00 pm	Body Combat	Studio One
Thu	6:15 pm - 7:00 pm	Studio Cycling	Studio Two
Thu	7:15 pm - 8:15 pm	Body Pump	Studio One
Thu	7:15 pm - 8:10 pm	Transition	Studio Two
Thu	8:15 pm - 9:00 pm	Aqua Circuits	Main Pool
Thu	8:15 pm - 9:00 pm	Pilates	Studio Two
Thu	8:15 pm - 9:00 pm	Fitness Pilates	Studio One
Thu	8:20 pm - 9:05 pm	Zumba	Studio One
Fri	9:30 am - 10:30 am	Body Pump	Studio One
Fri	10:00 am - 11:00 am	50+ Aerobics	Sports Hall
Fri	10:45 am - 11:15 am	Studio Cycling	Studio Two
Fri	11:15 am - 11:45 am	Sculpt and Tone	Studio One

Day	Time	Session	Facility
Fri	6:00 pm - 6:45 pm	Mash Up	Studio One
Fri	6:00 pm - 6:45 pm	Fitness Pilates	Studio Two
Fri	7:00 pm - 7:45 pm	Studio Cycling	Studio Two
Fri	8:00 pm - 9:00 pm	Swimfit Boot Camp	Main Pool
Sat	9:00 am - 10:00 am	Yoga	Studio One
Sat	10:00 am - 11:00 am	Body Combat	Studio One
Sat	10:15 am - 11:00 am	Studio Cycling	Studio Two
Sun	9:15 am - 10:00 am	Aqua Aerobics	Main Pool
Sun	9:30 am - 10:30 am	Body Combat	Studio One
Sun	10:40 am - 11:40 am	Body Pump	Studio One
Sun	6:00 pm - 6:45 pm	Studio Cycling	Studio Two
Sun	7:00 pm - 7:45 pm	Studio Cycling	Studio Two