

Group Exercise Timetable

Wavelengths Leisure Centre

From September 2015

TIME	CLASS	LOCATION	TYPE	TIME	CLASS	LOCATION	INSTRUCTOR
MONDAY				12:00 - 1:00pm	Zumba®	Studio 1	Feature
8:15 - 9:15am	Pilates	Studio 1	Mind & Body	12:30 - 1:30pm	Aqua Aerobics	25 metre pool	Cardio
9:00 - 10:00am	Zumba® Step	Studio 1	Feature	5:00 - 6:00pm	Circuit Training (11-15 yrs)	Studio 1	Strength
9:00 - 10:00am	Synergy360	Gym Floor	Strength	6:00 - 6:45pm	Zumba®	Studio 1	Feature
9:15 - 10:00am	Indoor Cycle	Studio 2	Cardio	6:00 - 6:45pm	Indoor Cycle	Studio 2	Cardio
10:00 - 11:00am	Zumba®	Studio 3	Feature	6:00 - 7:00pm	Boot Camp	Outdoors	Strength
11:00 - 12:00pm	Aerobics	Studio 1	Cardio	6:00 - 7:00pm	Synergy360	Gym Floor	Strength
11:00 - 12:00pm	Booiaka	Studio 3	Feature	6:45 - 7:45pm	Boot Camp	Studio 1	Strength
12:00 - 1:00pm	Indoor Cycle	Studio 2	Cardio	7:45 - 8:45pm	Stretch & Tone	Studio 3	Mind & Body
12:30 - 1:30pm	Aqua Aerobics	25 metre pool	Cardio	THURSDAY			
1:00 - 2:00pm	Synergy360	Gym Floor	Strength	8:15 - 9:00am	Indoor Cycle	Studio 2	Cardio
4:00 - 4:45pm	Ballet (Kids)	Studio 3	Mind & Body	9:00 - 10:00am	Ballet Conditioning	Studio 1	Feature
5:00 - 5:45pm	Zumba® (Kids)	Studio 1	Feature	9:00 - 10:00am	Synergy360	Gym Floor	Strength
6:00 - 6:45pm	Step Aerobics	Studio 1	Cardio	10:00 - 11:00am	Zumba®	Studio 1	Feature
6:00 - 7:00pm	Running Club	Outdoors	Cardio	11:00 - 12:00pm	BODYPUMP™	Studio 1	Strength
6:00 - 7:00pm	Running (Beginner)	Outdoors	Cardio	12:00 - 1:00pm	BODYBALANCE™	Studio 3	Mind & Body
6:00 - 7:00pm	Synergy360	Gym Floor	Strength	1:00 - 2:00pm	Synergy360	Gym Floor	Strength
6:30 - 7:30pm	Indoor Cycle	Studio 2	Cardio	5:00 - 6:00pm	Circuit Training	Studio 1	Strength
6:30 - 7:30pm	Boot Camp	Outdoors	Strength	6:00 - 6:45pm	Indoor Cycle	Studio 2	Cardio
6:45 - 7:45pm	BODYPUMP™	Studio 1	Strength	6:00 - 7:00pm	Running Club	Outdoors	Cardio
7:30 - 8:30pm	Yoga (Freestyle)	Studio 3	Mind & Body	6:00 - 7:00pm	Box Fit	Studio 1	Feature
7:45 - 8:45pm	BODYBALANCE™	Studio 1	Mind & Body	6:15 - 6:45pm	Box Fit	Gym Floor	Feature
TUESDAY				7:00 - 8:00pm	Synergy360	Gym Floor	Strength
9:00 - 9:20am	Kettlebell Training	Gym Floor	Strength	6:30 - 7:30pm	Yoga Freestyle	Studio 3	Mind & Body
9:00 - 9:45am	Indoor Cycle	Studio 2	Cardio	6:30 - 7:30pm	Aqua Aerobics	Leisure Pool	Cardio
9:00 - 10:00am	Zumba®	Studio 1	Feature	7:00 - 7:45pm	Indoor Cycle	Studio 2	Cardio
9:00 - 10:00am	Synergy360	Gym Floor	Strength	7:30 - 8:30pm	Ballet Conditioning	Studio 3	Feature
10:00 - 11:00am	Zumba®	Studio 3	Feature	8:30 - 9:30pm	Stretch and Tone	Studio 3	Mind & Body
11:15 - 12:00pm	Indoor Cycle	Studio 2	Cardio	FRIDAY			
11:15 - 12:15pm	BODYBALANCE™	Studio 3	Mind & Body	8:15 - 9:00am	Indoor Cycle	Studio 2	Cardio
12:30 - 1:30pm	BODYPUMP™	Studio 1	Strength	9:00 - 10:00am	Zumba®	Studio 1	Feature
12:30 - 1:30pm	Ballet	Studio 3	Feature	9:00 - 10:00am	Yoga (Freestyle)	Studio 3	Mind & Body
12:45 - 1:30pm	Indoor Cycle	Studio 2	Cardio	9:00 - 10:00am	Synergy360	Gym Floor	Strength
1:00 - 2:00pm	Synergy360	Gym Floor	Strength	10:00 - 11:00am	Booiaka	Studio 1	Feature
1:30 - 2:30pm	Zumba®	Studio 1	Feature	11:00 - 12:00pm	Stretch & Tone	Studio 1	Mind & Body
2:30 - 3:30pm	Aqua Zumba®	25 metre pool	Cardio	12:00 - 12:45pm	Indoor Cycle	Studio 2	Cardio
5:00 - 6:00pm	Running (Advanced)	Outdoors	Cardio	12:40 - 1:00pm	Box Fit	Gym Floor	Feature
6:00 - 6:20pm	Tabata	Gym Floor	Feature	1:00 - 2:00pm	Synergy360	Gym Floor	Strength
6:30 - 7:30pm	Synergy360	Gym Floor	Strength	6:00 - 7:00pm	Synergy360	Gym Floor	Strength
6:30 - 7:30pm	Aerobics	Studio 1	Cardio	6:30 - 7:30pm	Boot Camp	Outdoors	Strength
6:30 - 7:30pm	Aqua Aerobics	25 metre pool	Cardio	7:45 - 8:45pm	Aerobics	Studio 1	Cardio
7:15 - 8:00pm	Indoor Cycle	Studio 2	Cardio	SATURDAY			
7:30 - 8:00pm	Abs Attack	Studio 1	Feature	9:00 - 10:00am	Synergy360	Gym Floor	Strength
7:30 - 8:30pm	Aerobics	Studio 3	Cardio	9:00 - 10:00am	Circuit Training	Studio 1	Strength
7:30 - 8:30pm	Aqua Aerobics	Leisure pool	Cardio	9:30 - 10:30am	Stretch & Tone	Studio 1	Mind & Body
8:00 - 9:00pm	Box Fit	Studio 1	Feature	10:00 - 11:00am	Running Club	Outdoors	Cardio
WEDNESDAY				11:00 - 12:00pm	Tabata	Studio 1	Feature
9:00 - 10:00am	Zumba® Gold	Studio 1	Feature	1:00 - 2:00pm	Synergy360	Gym Floor	Strength
9:00 - 10:00am	Synergy360	Gym Floor	Strength	6:00 - 7:00pm	Synergy360	Gym Floor	Strength
10:00 - 11:00am	Booiaka	Studio 1	Feature	SUNDAY			
10:00 - 11:00am	Piloxing	Studio 3	Cardio	11:00 - 12:00pm	Tabata	Studio 1	Feature
11:00 - 12:00pm	20-20-20	Studio 1	Strength	2:00 - 3:00pm	Circuit Training	Studio 1	Strength
11:00 - 12:00pm	Body Conditioning	Studio 3	Mind & Body				
12:00 - 12:45pm	Zumba® Circuits	Gym Floor	Strength				
12:00 - 1:00pm	Stretch & Tone	Studio 3	Mind & Body				



Remember to book onto your classes to guarantee your place. You can do this:
Online at www.fusion-lifestyle.com, at reception, or over the phone **0208 694 9400**
Total classes – 77 New Classes – 13

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