



XERCISE4LESS

Wakefield Classes **Timetable**

From: April 2012

OPENING HOURS:

MON-FRI 06:00-22:00

SAT AND SUN 08:00-20:00

(£) **Indicates a charge**

MON	BODY WEIGHT CIRCUITS	CYCLE & TONE	DANCE AEROBICS	RUNNING CLUB	ZUMBA	SPIN	BOOT CAMP	SPIN	
	08:00 – 08:30	11:00 - 12:00	12:00 – 12:45	12:00 – 12:30	17:45 - 18:30	18:00 - 19:00	18:30 – 19:30	19:00 - 20:00	
TUE	ZUMBA	LBT	HIGH INTENSITY INTERVAL TRAINING	ABS CLASS	ZUMBA	SPIN	STEP	CIRCUIT	SPIN
	10:00 - 11:00	11:00 - 12:00	11:30 – 12:00	15:30 – 16:00	17:15 - 18:15	18:00 - 19:00	18:15 - 19:00	19:00 - 20:00	19:00 - 20:00
WED	BOOT CAMP	BOXERCISE	BODY TONE	BEGINNERS STEP	STEP	SPIN	ZUMBA	SPIN	
	07:00 - 07:30	11:00 – 11:30	12:00 - 13:00	17:30 - 18:00	18:00 - 19:00	18:00 - 19:00	19:00 - 20:00	19:00 - 20:00	
THU	PILATES	TONE	HARDCORE CIRCUITS	CIRCUIT	BODY TONE	AEROBICS	SPIN	YOGA	BOXING
	09:30 - 10:30	10:30 - 11:30	12:00 – 12:30	16:00 – 16:30	17:15 - 18:00	18:00 - 19:00	18:00 - 19:00	19:00 - 20:00	20:00 – 20:30
FRI		ZUMBA	SPIN		ABS & TONE	SPIN			
		10:00 - 11:00	13:00 – 13:30		18:00 - 19:00	18:00 - 19:00			
SAT	KIDS KARATE	SPIN	SALSACISE	HILLS	YOGALATIES				
	09:45 - 10:30	10:00 - 11:00	10:30 - 11:30	11:00 – 11:30	11:30 - 12:30				
SUN	PILATES	TONE	SPIN	RUNNING CLUB	BOOT CAMP				
	9:00 - 10:00	10:00 - 11:00	10:00 - 11:00	11:00 – 11:30	15:30 – 16:00				