

# Meridian Leisure Centre Group Exercise Programme

## 31st August - 6th September

Please note our programmes will be reviewed daily.  
For an accurate and up to date timetable please see the online booking system.

Instructor-led Classes Instructor:

All group exercise classes sessions MUST be pre-booked online using our booking online system. Please do not turn up without a pre-arranged booking. Please don't forget if you are unable to attend a session please ensure you have cancelled via our booking online system.

**DONNA**

Tuesday  
Pilates (6.15pm)

Wednesday  
Pilates (9.45am)  
Zumba (10.45am)

Thursday  
Light Aerobics (10.15am)  
Body Con (11.15am)

Friday  
Zumba (10.15am)  
Pilates (11.15am)

**LAURA**

Tuesday  
Pilates (9.15am)  
Cycle (10.15am)  
Aquacise (11.15am)

Wednesday  
Pilates (9.15am)  
Fitness Pilates (5.45pm)  
Aquacise (7pm)

Thursday  
Pilates (5.15pm)  
PIYO (6.15pm)  
PUMP (7.15pm)

Friday  
Cycle (9.15am)  
Pilates (10.15am)  
Aquacise (11.15am)

Susan  
Wednesday  
Yoga (11.15am)

Marion  
Wednesday  
Whole Body (10.15am)

Sammy  
Wednesday  
Cycle (6.15pm)  
Glute Camp (7.15pm)

Thursday  
Cycle (7.15pm)

Kelly  
Saturday  
Zumba (9.15am)

	Monday 31st			Tuesday 1st			Wednesday 2nd			Thursday 3rd			Friday 4th			Saturday 5th			Sunday 6th		
	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio	Cycle Studio	MPR/Pool*	Dance Studio
6am																					
7am									GRIT				Sprint		Body Pump						
8am				Sprint		Combat	Sprint			RPM		CX Worx									
9am			Body Pump													RPM		Body Combat			
10am	RPM		Body Balance			Pilates		Pilates					Cycle		Body Combat		Zumba				
11am		BANK		Cycle		Sh'Bam		Whole Body		Light Aerobics		Sh'Bam		Zumba	Pilates				Body Pump		
12pm		BANK			Aqua*			Yoga		RPM		Body Con		Aqua*	Pilates						
1pm		BANK																			
2pm		BANK																			
3pm		BANK																			
4pm		BANK																			Body Balance
5pm																			Sprint		
6pm											Pilates										
7pm											PIYO	Body Combat		Sprint		GRIT					
8pm																					
9pm																					

All Classes are for 16yrs+ unless labelled otherwise. Please bring your own mat, as mats will not be provided.

Please bring your own water bottle, as the water fountains and vending machines are not available.

No personal towels are allowed to be used. If the weather is good, we will aim to have Zumba outside on the MUGA.