



SPRINGWOOD LEISURE CENTRE

GROUP EXERCISE TIMETABLE

MONDAY

6:45am - 7:15am	MyZone Virtual ZM Indoor Cycling
9:30am - 10:30am	Show Fit
9:45am - 10:30am	Indoor Cycling
10:30am - 11:30am	Yogalates
11:30am - 12:30pm	Active Living
5:15pm - 5:45pm	Myzone Virtual ZM Indoor Cycling
5:45pm - 6:30pm	Abs Blast
6pm - 7pm	Dance Fit
6pm - 7pm	Circuits
6pm - 6:45pm	Indoor Cycling
7pm - 8pm	MyZone Indoor Cycling
7pm - 8pm	Pilates
7:30pm - 8:30pm	Boxercise

TUESDAY

7am - 7:30am	MyZone Virtual ZM Indoor Cycling
9:30am - 10:30am	Cardio Crunch
10:30am - 11:15am	Baby Parent Yoga 12 Weeks to Crawling*
10:45am - 11:30am	MyZone Indoor Cycling
11:15 - 12pm	Baby Parent Yoga Walking to 2.5 Year Olds*
12:15pm - 12:45pm	MyZone Virtual ZM Indoor Cycling
6pm - 6:45pm	Indoor Cycling
6pm - 7pm	Meta Dance Fit
7pm - 8pm	MyZone Virtual ZM Indoor Cycling
7pm - 8pm	Total Body Toning
7pm - 8pm	Run Club

WEDNESDAY

6:45am - 7:15am	MyZone Virtual ZM Indoor Cycling
9:30am - 10:30am	Body Blast
9:45am - 10:30am	MyZone Virtual ZM Indoor Cycling
10:30am - 11:15am	Abs Blast
10:30am - 11:30am	Fitness Pilates
5:45pm - 6:30pm	Boxercise
6pm - 6:45pm	MyZone Indoor Cycling
6pm - 7pm	Show Fit
7pm - 7:45pm	Indoor Cycling
7pm - 8pm	LBT
8pm - 9pm	Yogalates

THURSDAY

6:45am - 7:30am	MyZone Virtual ZM Indoor Cycling
9:30am - 10:30am	LBT
9:45am - 10:30am	Indoor Cycling
12:30pm - 1pm	MyZone Virtual ZM Indoor Cycling
6pm - 6:45pm	MyZone Indoor Cycling
6pm - 7pm	Interval Step
7pm - 7:45pm	Beginners Indoor Cycling
7pm - 8pm	MyZone Circuits

FRIDAY

7am - 7:30am	MyZone Virtual ZM Indoor Cycling
9:30am - 10:30am	Cardio Combat
5:30pm - 6:30pm	Burn & Firm
6:30pm - 7:30pm	Pilates

SATURDAY

9am - 10am	Circuits
10am - 10:30am	Abs Blast
10:45am - 11:30am	Indoor Cycling
3pm - 3:45pm	MyZone Virtual Indoor Cycling

SUNDAY

10am - 11am	Body Conditioning
10:30am - 11:30am	MyZone Indoor Cycling
6pm - 7pm	Myzone Virtual ZM Indoor Cycling

For class description, instructors and prices visit inderby.org.uk/classes

*Baby Parent Yoga Sessions are not included in the Direct Debit Membership. Price is £5 for non-members and £3.50 for members.