

Newton Abbot Leisure Centre Fitness Class Timetable

From
July 2017



	MORNING CLASSES							EVENING CLASSES									
MON	Yogalates 09.00 - 09.55 Studio 1	Body Jam 09.55 - 10.55 Studio 1	Indoor Cycling / Row Fit 10.00 - 10.45 Studio 3	Aqua Fit 10.15 - 11.00 Pool	Body Pump 11.00 - 12.00 Studio 1	Gentle Circuits 12.05 - 13.00 Studio 1		Body Pump 18.00 - 19.00 Sports Hall	Indoor Cycling 19.00 - 19.45 Studio 3	Body Combat 19.15 - 20.15 Sports Hall	Yoga 20.00 - 21.00 Studio 1						
TUE	Cardio Chaos 06.45 - 07.30 Sports Hall	Pilates 09.00 - 09.55 Studio 1	Pilates 09.00 - 10.00 Studio 2	Body Pump 10.00 - 11.00 Studio 1	Body Combat 11.00 - 12.00 Studio 1			Circuits 18.00 - 18.55 Studio 1	Body Combat 18.00 - 19.00 Sports Hall	Rejuvenation Yoga 18.00 - 19.00 Studio 2	Ab Attack 19.00 - 19.45 Sports Hall	Body Pump 19.00 - 20.00 Studio 1	Yoga 19.00 - 20.00 Studio 2	Zumba Fitness 20.00 - 21.00 Studio 1	Adult Condition Swim 20.30 - 21.30 Pool		
WED	Silver Sneakers 06.45 - 07.30 Studio 1	Pilates 07.45 - 08.45 Studio 1	Yogalates 08.50 - 09.50 Studio 1	Indoor Cycling 09.15 - 10.00 Studio 3	Aqua Fit 10.15 - 11.00 Pool	Jam & Tone 10.00 - 11.00 Studio 1		Indoor Cycling 18.00 - 18.45 Studio 3	Yogalates 18.30 - 19.30 Studio 1	Body Jam 18.45 - 19.45 Sports Hall	Indoor Cycling / Row Fit 19.00 - 19.45 Studio 3	Aqua Fit 19.00 - 20.00 Pool	Yin Yoga 19.30 - 20.30 Studio 1	Body Pump 20.00 - 21.00 Sports Hall			
THU	Army PT 06.45 - 07.45 Sports Hall	Pilates 09.00 - 10.00 Studio 1	Pilates 10.00 - 11.00 Studio 1	Row Fit 11.15 - 12.00 Studio 3				Row Fit 18.00 - 18.45 Studio 3	HIIT 18.00 - 18.45 Sports Hall	Adult Condition Swim 18.30 - 19.30 Pool	Body Pump 18.55 - 19.55 Sports Hall	Yoga 19.00 - 20.00 Studio 1	Indoor Cycling 19.00 - 19.45 Studio 3	Aqua Circuits 19.45 - 20.30 Pool	Clubbercise 20.00 - 21.00 Sports Hall	Yoga 20.00 - 21.00 Studio 1	
FRI	Indoor Cycling 09.15 - 10.00 Studio 3	Complete Core 10.00 - 11.00 Studio 1	Zumba Fitness 11.00 - 12.00 Studio 1					Indoor Cycling 18.00 - 18.45 Studio 3	Body Jam 18.00 - 19.00 Sports Hall	Body Pump 19.15 - 20.15 Sports Hall							
SAT	Body Combat 09.00 - 10.00 Sports Hall	Indoor Cycling 09.15 - 10.00 Studio 3	Body Pump 10.10 - 11.10 Sports Hall	Family Indoor Cycling 10.15 - 11.00 Studio 3													
SUN	Body Pump 09.30 - 10.30 Studio 1	Aqua Circuits 10.00 - 11.00 Pool															

We have lots of other classes at our sister centres, Broadmeadow Sports Centre & Dawlish Leisure Centre. View all our timetables at teignbridgeleisure.co.uk/group-exercise

Book Online: teignbridgeleisure.co.uk/group-exercise
All cancellations must be made 24 hours prior to the class starting or a non attendance fee will be charged.

- Mind / Body
- Indoor Cycling / Row Fit
- Aqua
- Conditioning
- Aerobic / Choreography