

Exercise classes

Monday

06:45 - 07:30	Les Mills GRIT STRENGTH	Sports Hall
09:30 - 10:15	DanceFit	Sports Hall
10:30 - 11:15	Sencio Cycle	Sports Hall
10:45 - 11:30	Yoga	Studio
10:45 - 11:30	Aqua	Pool
18:30 - 19:15	LBT HIIT	Sports Hall
19:30 - 20:15	Sencio Cycle	Sports Hall

Tuesday

08:45 - 09:30	Sencio Cycle (Beginner)	Sports Hall
09:45 - 10:30	Boot Camp	Sports Hall
10:00 - 10:45	Aqua	Pool
10:45 - 11:30	Kettlebells	Sports Hall
11:00 - 11:45	Aqua	Pool
18:00 - 18:45	Sencio Cycle	Sports Hall
19:00 - 19:55	Les Mills BODY PUMP	Sports Hall

Wednesday

06:45 - 07:30	Les Mills GRIT STRENGTH	Sports Hall
09:30 - 10:15	Step & Tone	Sports Hall
09:30 - 10:15	Aqua	Pool
10:45 - 11:30	Aqua	Pool
18:30 - 19:15	Boot Camp	Sports Hall

Thursday

09:30 - 10:15	Sencio Cycle	Sports Hall
10:30 - 11:15	Les Mills GRIT STRENGTH	Sports Hall
18:30 - 19:15	Sencio Cycle	Sports Hall
19:30 - 20:15	Les Mills BODY PUMP	Sports Hall

Friday

06:45 - 07:30	Sencio Cycle	Sports Hall
09:30 - 10:15	LBT	Sports Hall
09:45 - 10:30	Yoga	Studio
11:00 - 11:45	Aqua	Pool

Saturday

09:30 - 10:15	20/20/20	Sports Hall
10:30 - 11:15	Les Mills BODYATTACK	Sports Hall
11:30 - 12:15	Gymstick	Sports Hall

Sunday

09:00 - 09:45	Kettle Bells	Sports Hall
10:00 - 10:45	Sencio Cycle	Sports Hall

EDENBRIDGE LEISURE CENTRE

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