



Pulse 8 Health & Fitness Club



Adult Group Exercise Timetable

MONDAY

Time	Duration	Class	Area
6:45	45mins	X-Bike	X-Bike Studio
9:30	60mins	Body Balance	Studio 1
9:35	60mins	Body Combat	Studio 2
10:15	30mins	Aqua	Spa Pool
10:35	60mins	B.L.T	Studio 1
10:45	60mins	Body Pump	Studio 2
12:30	30mins	Xpress Fitness	Circuit Zone
13:00	30mins	X-Bike	X-Bike Studio
13:15	30mins	Aqua	Spa Pool
13:30*	60mins	Tai Chi Fit	Studio 1
18:00	60mins	Body Pump	Studio 2
18:15	60mins	Body Vive	Studio 1
18:15	45mins	X-Bike	X-Bike Studio
19:20	60mins	Step	Studio 1
19:15	45mins	X-Bike	X-Bike Studio
19:15	30mins	Xpress Fitness	Circuit Zone
19:30	60mins	Boxing Blast	Studio 2
20:30	60mins	Body Balance	Studio 1

TUESDAY

Time	Duration	Class	Area
6:30	60mins	Body Pump	Studio 1
6:30	30mins	Xpress Fitness	Circuit Zone
7:00	30mins	Xpress Ab Attack	Circuit Zone
9:30	45mins	Young at Heart	Studio 1
9:30	60mins	Body Attack	Studio 2
9:30	45mins	X-Bike	X-Bike Studio
10:35	90mins	Yoga	Studio 1
10:45	60mins	Body Pump	Studio 2
13:00	30mins	Xpress Fitness	Circuit Zone
13:15	30mins	Aqua	Spa Pool
18:00	30mins	Xpress Fitness	Circuit Zone
18:15	60mins	F.S.T	Studio 2
18:15	45mins	X-Bike	X-Bike Studio
18:15	45mins	Step & Tone	Studio 1
19:15	45mins	X-Bike	X-Bike Studio
19:15	150mins	Argentine Tango (£)	Cafe Bar
19:30	60mins	Body Pump	Studio 1
19:45	50mins	Zumba	Studio 2

WEDNESDAY

Time	Duration	Class	Area
6:45	45mins	X-Bike	X-Bike Studio
8:30*	60mins	Step-Bums-Tums	Studio 1
9:15	30mins	Aqua	Spa Pool
9:30	60mins	Step-Bums-Tums	Studio 1
9:40	45mins	X-Bike	X-Bike Studio
10:00	50mins	Zumba Circuit	Studio 2
10:15	30mins	Aqua	Spa Pool
10:35	45mins	Total Body Conditioning	Studio 1
12:00	90mins	Yoga	Studio 1
13:00	30mins	Xpress Ab Attack	Circuit Zone
13:30	30mins	Xpress Fitness	Circuit Zone
18:10	60mins	F.S.T.	Studio 2
18:15	60mins	Body Balance	Studio 1
18:15	45mins	X-Bike	X-Bike Studio
19:15	60mins	Body Pump	Studio 2
19:15	30mins	Aqua	Spa Pool
19:15	30mins	X-Bike	X-Bike Studio
19:20	60mins	Body Attack	Studio 1
20:00	30mins	Aqua	Spa Pool
20:30	90mins	Yoga	Studio 1

THURSDAY

Time	Duration	Class	Area
6:30	60mins	Body Pump	Studio 1
6:30	30mins	Xpress Fitness	Circuit Zone
9:30	90mins	Yoga	Studio 1
9:30	30mins	X-Bike	X-Bike Studio
9:30	60mins	Body Pump	Studio 2
10:15	30mins	Aqua	Spa Pool
10:40	50mins	Zumba	Studio 2
12:30	30mins	Xpress Fitness	Circuit Zone
13:30	30mins	Aqua	Spa Pool
18:15	60mins	Body Combat	Studio 1
18:15	45mins	X-Bike	X-Bike Studio
18:30	60mins	Circuits	Studio 2
19:15	60mins	B.L.T.	Studio 1
19:15	30mins	Aqua	Spa Pool
19:45	50mins	Zumba	Studio 2
20:30	60mins	Body Balance	Studio 1

FRIDAY

Time	Duration	Class	Area
6:45	45mins	X-Bike	X-Bike Studio
8:30*	60mins	Body Combat	Studio 1
9:20	60mins	Body Combat	Studio 1
9:35	60mins	Circuits	Studio 2
10:15	30mins	Aqua	Spa Pool
10:30	60mins	Body Balance	Studio 1
10:35	45mins	X-Bike	X-Bike Studio
10:45	60mins	Body Vive	Studio 2
11:30	45mins	Young at Heart	Studio 1
12:30	60mins	Flow Yoga	Studio 1
12:30	30mins	Express Ab Attack	Circuit Zone
12:45	30mins	Aqua	Spa Pool
17:30	90mins	Yoga	Studio 1
18:00	60mins	Body Pump	Studio 2
19:15	150mins	Ballroom Dancing (£)	Studio 1

SATURDAY

Time	Duration	Class	Area
9:00	60mins	Body Conditioning	Studio 1
9:00	30mins	Xpress Fitness	Circuit Zone
9:15	60mins	Body Pump	Studio 2
10:15	60mins	Body Step	Studio 1
10:15	45mins	X-Bike	X-Bike Studio
10:30	60mins	Body Combat	Studio 2
11:30	60mins	Body Balance	Studio 1
11:30	60mins	Body Vive	Studio 2
16:00	60mins	Body Pump	Studio 2

SUNDAY

Time	Duration	Class	Area
9:00	30mins	Xpress Box Fitness	Circuit Zone
9:15	50mins	Zumba	Studio 2
9:30	60mins	Aerobics	Studio 1
9:30	30mins	Xpress Ab Attack	Circuit Zone
10:15	60mins	Body Pump	Studio 2
10:15	45mins	X-Bike	X-Bike Studio
10:45	60mins	Ballroom Blitz	Studio 1
11:15	30mins	Aqua	Spa Pool
12:00	90mins	Ashtanga Yoga	Studio 1
17:00	60mins	Body Balance	Studio 1
18:00	30mins	Family Xpress Fitness	Circuit Zone

*Term time only

For class descriptions or to download and print a copy of our timetable please see our website: www.pulse8healthclub.com

Key	Aerobic-Conditioning	Aqua	X-Bike	Holistic	Dance	Resistance	(£) = Additional Cost