



## LEISURE STUDIO TIMETABLE

### PRICING:

Members - Free  
Non Members - £6.00 per class

**BOOKINGS TAKEN A WEEK IN ADVANCE  
FOR CLASSES**

*(Members Only)*

Telephone the Leisure Centre on 01395 232 998  
or email [enquiries@woodburypark.co.uk](mailto:enquiries@woodburypark.co.uk)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1000-1130 Line Dancing Lynn	1100-1200 Pilates Gemma	0930-1030 LBT Annie	1030-1115 Stretch & Tone Gemma	1000-1100 Fit ball Annie	0900-0945 LBT Mixture
1130-1215 Stretch & Tone Annie	18.00- 18.45 Aerobiking Chris	1030-1100 Core Stability Annie	1130-1230 Pilates Gemma		
1800 - 1840 Fight Fit Jodie	18.50- 19.30 Blast & Pump Chris	1800-1900 Pilates Gemma	1800-1815 Ab Attack Jodie		
1845-1925 Aerobiking Giles		1900-2000 Pilates Gemma	1815-1900 Aerobiking Giles/Chris	1815-1900 Aerobiking Giles/Chris	
1930-2100 Yoga Michael			1900-1945 Circuits Jodie		

### Pool Timetable

0930-1015 Aqua Annie		1115-1200 Aqua Annie	0930-1015 Aqua Annie	<b>Group Swimming Lessons</b>  <b>Wednesday</b> 1545-1900 & <b>Thursday</b> 1600-1830
1015-1100 Aqua Annie		1200-1245 Aqua Annie	1015-1100 Aqua Annie	