

# WYE LEISURE

Herefordshire's Premier Health & Leisure Club

## Group Exercise Class Timetable

Day / Time	Class Type	Planned Instructor	Location	Day / Time	Class Type	Planned Instructor	Location
<b>Monday</b>				<b>Thursday</b>			
06:30	Spin®	Nick.C	Studio 1	06:30	Spin®	Rachel.P	Studio 1
09:30	Circuits	Kryisia.H	Studio 2	07:00	Yoga – Hatha	Jessica. L	Studio 2
10:45	Yoga – Hatha	Kirti. D	Studio 2	09:00	Beginners Pilates	Julie.T	Studio 2
12:00	Mid-Day Meditation	Kirti. D	Studio 2	09:15	BarreConcept®	Rebecca.W	Studio 1
17:45	Spin®	Rachel. P	Studio 1	10:30	Zumba	Rebecca.W	Studio 1
18:00	Tabata	Mark. Z	Studio 2	13:30	Yoga – Hatha	Heather.C	Studio 2
19:00	Aqua Aerobics	Rachel. P	Pool 2	18:00	Spin®	Mark.Z	Studio 1
19:00	Pilates	Beth. P	Studio 1	18:00	Pilates	Julie.T	Studio 2
19:30	Pilates	Ruth. W	Studio 2	18:00	Aqua Aerobics	Ronnie.S	Pool 2
				19:15	Resistance Band Circuits	Mark.Z	Studio 2
<b>Tuesday</b>				<b>Friday</b>			
06:30	Spin®	Rachel. P	Studio 1	06:30	Spin®	Mark.Z	Studio 1
09:30	Active Fit	Rachel. P	Studio 2	06:30	Get Fit in 40	Rachel.P	Studio 2
10:15	Spin®	Mark.Z	Studio 1	09:15	Pilates	Beth.P	Studio 2
12:30	Fitsteps	Rebecca.W	Studio 1	09:30	Aqua Aerobics	Ronnie.S	Pool 2
13:30	Yoga – Classic	Rebecca.W	Studio 2	10:15	Spin®	Mark. Z	Studio 1
17:45	Zumba	Lucy. G	Studio 1	10:30	Pilates	Beth.P	Studio 2
18:00	Body Blitz	Kryisia. H	Studio 2	18:00	Yoga - Hatha	Kirti . D	Studio 2
18:45	Spin®	Mark.Z	Studio 1	19:15	Yoga - Hatha	Kirti. D	Studio 2
19:15	Aqua Aerobics	Kryisia.H	Pool 2				
19:30	Yoga – Hatha	Heather.C	Studio 2	<b>Saturday</b>			
19:45	Pilates	Julie. T	Studio 1	9:30	Spin®	TBC	Studio 1
<b>Wednesday</b>				<b>Sunday</b>			
06:30	Yoga - Hatha	Jessica.L	Studio 2	9:00	Yoga – Vinyasa	Juliet.G	Studio 2
09:15	Yoga – Hatha	Ian . L	Studio 2	10:00	Yoga – Vinyasa	Juliet.G	Studio 2
09:30	Aqua Aerobics – Deep Water	Kryisia.H	Pool 1				
09:45	Beginners Yoga	Claire.B	Studio1	<b>OMNIA FAST CLASSES</b>			
10:45	Legs,Bums & Tums	Kryisia. H	Studio 2	OMNIA™ is a functional training system which optimises strength, endurance, flexibility, coordination and speed. It is designed specifically for small group personal training (8 people), to provide the same individual attention as one-one-one training but also the community dynamic of training in a group setting. See the Wye Fitness App to Book!			
11:15	BarreConcept®	Ruth.W	Studio 1				
12:30	Pilates	Ruth.W	Studio 2				
17:30	Spin	Harry. P	Studio 1				
18:30	Tabata	Harry. P	Studio 2				
19:45	Yoga – Hatha	Penny.F	Studio 2				

**All Classes are to be booked via the Wye Fitness App.**

**For assistance with setting up a Wye Fitness Account or for More Information on Pricing Options please Call: 01432 860860**

*\* = Terms & Condition Apply – Depends on membership type extra charges may apply, please call us for further details*

*For a copy of our booking terms and conditions please ask at the time of booking or download a copy from our website*

It may be necessary to move class times or at times to cancel arranged classes. Please visit our website for further information on classes:

[www.wyeleisure.com](http://www.wyeleisure.com)