

HARLOW LEISUREZONE

CLASS FITNESS PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	06.30-07.30 Studio 1 Body Pump Milly	06.30-07.30 Studio 1 Ultimate Conditioning Natalie	06.30-07.30 Cycle Studio LZ Cycle Milly	06.30-07.30 Studio 1 Body Pump Milly	06.30-07.30 Cycle Studio LZ Cycle Milly	08.15-09.15 Studio 1 Yoga Joely	08.30-09.30 Studio 2 Body Balance Milly
	06.30-07.30 Cycle Studio LZ Cycle Virtual	09.00-10.00 Studio 2 Body Balance Milly	06.30-07.30 Studio 1 Weight/Pump Virtual	06.30-07.15 Cycle Studio LZ Cycle Virtual	09.30-10.30 Sport Arena Gentle Circuits Caroline	09.30-10.30 Studio 1 Box Circuits Mark	08.30-09.30 Cycle Studio LZ Cycling Virtual
	08.00-09.00 Studio 1 You Can Do Yoga Virtual	09.30-10.15 Studio 1 Total Body Conditioning Cara	09.30-10.30 Sport Arena Gentle Circuits Nikki	09.30-10.30 Studio 2 Body Balance Lorraine	09.30-10.30 Studio 1 Body Attack Debbie	09.30-10.30 Studio 2 Pilates Caroline	09.30-10.15 Studio 1 Circuits Cara/Roy
	09.30-10.30 Cycle Studio LZ Cycle Nikki	09.30-10.30 Cycle Studio LZ Cycling Virtual	09.30-10.30 Studio 2 Fitball Caroline	10.45-11.30 Studio 1 Total Body Conditioning Laura	09.30-10.15 Studio 2 Boogie Broadway Milly	10.00-11.00 Cycle Studio LZ Cycle Milly	10.00-11.00 Studio 2 Body Balance Milly
	09.30-10.30 Studio 2 Body Balance Caroline	10.30-11.30 Studio 2 Body Balance Milly	09.30-10.30 Cycle Studio LZ Cycling Virtual	11.00-12.00 Studio 2 Pilates Caroline	09.30-10.30 Cycle Studio LZ Cycling Virtual	11.00-12.00 Studio 1 Body Pump Caroline	11.00-12.00 Cycle Studio LZ Cycle Jane
	11.00-12.00 Studio 2 Zumba Gold Ashleigh	10.30-11.30 Studio 1 Dancefit Cheri	10.45-11.45 Studio 1 Kettlebells Nikki		11.00-12.00 Studio 1 Zumba Tamara		11.30-11.50 Studio 1 HIIT Virtual
					11.00-12.00 Studio 2 Body Balance Caroline		
Afternoon	12.00-12.30 Cycle Studio LZ Cycling Virtual	12.00-13.00 Studio 2 Pilates Nicola	11.30-12.30 Cycle Studio LZ Cycling Jane	12.30-13.15 Studio 1 Zumba Gold Tamara	13.00-13.30 Cycle Studio LZ Cycling Virtual	12.00-13.00 Cycle Studio LZ Cycling Virtual	14.30-15.30 Cycle Studio LZ Cycling Virtual
	12.00-13.00 Studio 1 Body Pump Caroline	12.30-13.30 Cycle Studio LZ Cycle Milly	11.45-12.45 Studio 2 Gentle Movement Laura	12.30-13.30 Cycle Studio LZ Cycle Jane		14.30-15.00 Studio 1 HIIT Virtual	
	13.00-13.30 Cycle Studio LZ Cycling Virtual		12.45-13.45 Studio 1 Zumba Gold Tamara			14.30-15.30 Cycle Studio LZ Cycling Virtual	
			13.00-13.30 Cycle Studio LZ Cycling Virtual				
Evening	17.00-17.45 Cycle Studio LZ Cycling Virtual	18.00-19.00 Studio 2 Body Balance Lorraine	18.00-18.20 Studio 1 Pilates Virtual	18.00-19.00 Studio 2 Fitball Caroline	17.30-18.15 Studio 2 Intensity Laura		
	17.45-18.45 Studio 2 Pilates Caroline	18.00-19.00 Cycle Studio LZ Cycling Virtual	18.45-19.45 Cycle Studio LZ Cycling Virtual	18.30-19.30 Cycle Studio LZ Cycle TBC	18.00-19.00 Cycle Studio LZ Cycling Virtual		
	18.00-19.00 Studio 1 Total Body Conditioning Debbie	19.00-20.00 Studio 1 Body Attack Debbie	19.45-20.45 Studio 1 Body Pump Sandra	19.15-20.15 Studio 2 Pilates Caroline			
	18.45-19.30 Cycle Studio LZ Cycling Virtual	19.30-20.30 Cycle Studio LZ Cycling Virtual	20.00-21.00 Studio 2 Yoga Clive	19.30-20.30 Studio 1 Circuits Laura			
	19.30-20.30 Studio 2 Body Combat Karen		20.30-21.30 Cycle Studio LZ Cycling Virtual				
	19.30-20.15 Studio 1 Body Pump Sandra						

Key:

Cardio	Interval	Dance	Toning	Strength	Mind/Body	Cardio/Strength	Gentle Movement
--------	----------	-------	--------	----------	-----------	-----------------	-----------------