

# HARLOW LEISUREZONE

## CLASS FITNESS PROGRAMME

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

Key:

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