

# Littledown Class Timetable Daytime

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BodyPump Express</b> 6.45-7.30am Molly (S1)	<b>PULSE</b> 6.30-7.00am Gym Team (G)	<b>POWER</b> 6.30-7.00am Gym Team (G)	<b>PRIMAL</b> 6.30-7.00am Gym Team (G)	<b>PIYo</b> 6.30-7.00am Nicki (MH)	<b>INSANITY</b> 8.00-8.50am Nicki (S1)	<b>INSANITY</b> 8.00-8.50am Nicki/Emma (S1)
<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>Spin</b> 6.45-7.15am Lisa (SS)	<b>INSANITY</b> 6.30-7.00am Nicki (MH)	<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>Lifting Techniques</b> 6.30-7.30am Gym Team (G)	<b>Yoga Flow</b> 8.00-8.55am Sophie (S3)	<b>Swim Fit</b> 8.00-8.55am Andy (MP)
<b>Spin</b> 7.00-7.30am Steve (SS)	<b>BodyBalance Express</b> 6.45-7.30am TBC (S3)	<b>Hatha Yoga</b> 6.45-8.00am Amba (S3)	<b>Iyengar Yoga</b> 7.00-8.15am Liz (S3)	<b>INSANITY</b> 7.05-7.35am Nicki (MH)	<b>Spin</b> 9.00-9.45am Rebecca W/Lou (SS)	<b>Hatha Yoga</b> 8.30-9.55am Edoardo (S3)
<b>Hydro Active Level 2</b> 7.45-8.25am Angie (SP)	<b>INSANITY</b> 7.00-7.30am Nicki (MH)	<b>PIYo</b> 7.05-7.35am Nicki (MH)	<b>Deep Water Aqua</b> 7.30-8.25am Anissa (MP)	<b>Spin</b> 7.30-8.00am Jo D (SS)	<b>BodyCombat</b> 9.00-9.55am Sophie (S1)	<b>Spin</b> 9.00-9.30am Rebecca (SS)
<b>Hydro Active Level 2</b> 8.30-9.10am Angie (SP)	<b>Aqua Circuits</b> 7.45-8.25am Angie (SP)	<b>Spin</b> 7.30-8.00am Claire (SS)	<b>Hydro Active Level 2</b> 8.30-9.10am Tina (SP)	<b>Deep Water Aqua</b> 8.00-8.55am Anissa (MP)	<b>PIYo</b> 9.00-9.30am Nicki (S3)	<b>BodyPump</b> 9.00-9.55am Antia (S1)
<b>Hydro Active Level 2</b> 9.15-9.55am Naomi (SP)	<b>Hydro Active Level 2</b> 8.30-9.10am Angie (SP)	<b>Aqua</b> 7.45-8.25am Naomi B (SP)	<b>Hydro Active Level 2</b> 9.15-9.55am Tina (SP)	<b>Vinyasa Yoga</b> 8.00-9.15am Rachel (S3)	<b>Spin</b> 9.50-10.20am Rebecca W/Lou (SS)	<b>PIYo</b> 9.00-9.55am Nicki/Emma (S2)
<b>BodyBalance</b> 9.15-10.10am Laura J (S3)	<b>Senior Pilates</b> 9.00-9.55am Michelle (S4)	<b>Pilates</b> 8.15-9.10am Claire V (S3)	<b>Express Trampoline</b> 9.15-10.00am Julie (MH)	<b>Hydro Active Level 2</b> 8.30-9.10am Cathy (SP)	<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>Spin</b> 9.35-10.20am Rebecca (SS)
<b>Nice &amp; Easy</b> 9.15-9.55am Kerry (S1)	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy (SP)	<b>Hydro Active Level 2</b> 8.30-9.10am Naomi B (SP)	<b>Pilates</b> 9.15-10.10am Cat (S4)	<b>Hydro Active Level 2</b> 9.15-9.55am Cathy (SP)	<b>Spin</b> 10.30-11.15am Elliot (SS)	<b>Circuits</b> 10.00-10.55am Paula (S1)
<b>Legs, Bums &amp; Tums</b> 9.25-10.15am Jo B (MH)	<b>BodyPump</b> 9.15-10.10am Jo L (S1)	<b>Spin</b> 9.15-9.45am Tony (SS)	<b>Ashtanga Yoga</b> 9.15-10.30am Zoe L (S3)	<b>Athletic Conditioning</b> 9.15-10.10am Adrian (S1)	<b>BodyPump</b> 11.05-12.00pm Tony (S1)	<b>BodyBalance</b> 10.00-10.55am Anita (S3)
<b>Spin</b> 9.30-10.00am Will (SS)	<b>Ashtanga Yoga</b> 9.15-10.30am Zoe L (S3)	<b>Hydro Active Level 2</b> 9.15-9.55am Angie (SP)	<b>Nice &amp; Easy Circuits</b> 9.20-10.15am Kerry M (MH)	<b>BodyBalance</b> 9.20-10.15am Laura J (S3)	<b>Metafit</b> 11.30-12.00pm Elliot (S2)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Paula (S1)
<b>Ashtanga Vinyasa Yoga</b> 9.30-11.00am Vanessa (S4)	<b>Spin</b> 9.30-10.00am Claire V (SS)	<b>Metafit &amp; Core</b> 9.15-10.00am Phil (S1)	<b>BodyAttack</b> 9.25-10.20am Naomi (S1)	<b>Spin</b> 9.30-10.15am Laura Q (SS)	<b>Yoga Flow</b> 11.30-1.00pm Rachel (S3)	
<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>Running Group</b> 9.30-10.30am Heather (MR)	<b>Zumba*</b> 9.15-10.00am Gina (MH)	<b>Spin</b> 9.30-10.00am Gina (SS)	<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>BodyPump</b> 12.05-1.00pm Tony (S1)	
<b>Spin</b> 10.05-10.35am Will (SS)	<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>Power Pilates</b> 9.25-9.55am Viv (S3)	<b>Running Group</b> 9.30-10.30am Heather (MR)	<b>Body Conditioning</b> 10.15-11.10am Claire (S1)		<b>Hatha Yoga</b> 5.00-6.30pm Diana (S3)
<b>BodyBalance</b> 10.15-11.10am Laura J (S3)	<b>Hydro Active Level 1</b> 10.00-10.40am Cathy (SP)	<b>Spin</b> 9.50-10.20am Tony (SS)	<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>Pilates</b> 10.20-11.15am Viv (S3)		
<b>Clubbercise</b> 10.20-11.15am Jo B (S1)	<b>Senior Pilates</b> 10.00-10.55am Michelle C (S4)	<b>ABC Core</b> 10.00-10.30am Gym Team (G)	<b>Hydro Active Level 1</b> 10.00-10.40am Tina (SP)	<b>Nice &amp; Easy Spin</b> 10.30-11.00am Laura Q (SS)		
<b>PLAY*</b> 10.30-11.00am Gym Team (G)	<b>Spin</b> 10.05-10.35am Claire V (SS)	<b>Aqua</b> 10.00-10.45am Angie (SP)	<b>Spin</b> 10.05-10.35am Gina (SS)	<b>Deep Water Aqua</b> 10.45-11.40am Clive (MP)		
<b>Nice &amp; Easy Spin</b> 10.45-11.15am Kasper (SS)	<b>BodyCombat</b> 10.20-11.15am Jo L (S1)	<b>Pilates*</b> 10.00-10.55am Viv (S3)	<b>Metafit</b> 10.30-11.00am Adrian (S1)	<b>Well Fit*</b> 11.20-12.15pm Michelle (S1)		
<b>Pilates</b> 11.20-12.15pm Kasper (S3)	<b>Pilates</b> 10.35-11.30am Viv (S3)	<b>BodyPump</b> 10.30-11.25am Tony (S1)	<b>Pilates</b> 10.35-11.30am Cat (S3)	<b>Pilates</b> 11.20-12.15pm Viv (S3)		
<b>BodyPump</b> 11.20-12.15pm Candi (S1)	<b>Deep Water Aqua #</b> 10.45-11.40am Anissa (MP)	<b>Mum &amp; Baby Yoga</b> 10.30-11.25am Michele G (S4)	<b>Aqua Natal #</b> 10.45-11.40am Gina (SP)	<b>Hydro Active Level 2#</b> 11.45-12.25pm Angie (SP)		
<b>Hydro Active Level 2#</b> 11.45-12.25pm Angie (SP)	<b>Stretch &amp; Relax</b> 11.00-11.45am Michelle (S4)	<b>Aqua #</b> 10.45-11.30am Angie (SP)	<b>Core Conditioning</b> 11.05-11.30am Adrian (S1)	<b>Stretch &amp; Mobilise</b> 12.25-1.20pm Naomi B (S3)		
<b>Pilates</b> 12.20-1.15pm Kasper (S3)	<b>BodyBalance</b> 11.20-12.15pm Jo L (S1)	<b>Deep Water Aqua</b> 10.45-11.40am Gina (MP)	<b>Senior Pilates</b> 11.35-12.30pm Michelle (S3)	<b>INSANITY</b> 12.30-1.00pm Ellie (S1)		
<b>Metafit</b> 12.25-12.55pm Taylor (S1)	<b>Pilates</b> 11.35-12.30pm Viv (S3)	<b>Pilates</b> 11.00-11.55am Claire (S3)	<b>Nice &amp; Easy Spin</b> 12.15-12.45pm Lou (SS)	<b>Spin</b> 1.00-1.30pm Rebecca (SS)		
<b>Health Circuits</b> 12.45-1.30pm Gina (S2)	<b>Ashtanga Vinyasa Yoga</b> 12.00-1.30pm Rachel (S4)	<b>Core Conditioning</b> 11.30-11.55am Tony (S1)	<b>Power Pilates</b> 12.25-12.55pm Viv (S1)	<b>PLAY</b> 1.00-1.30pm Gym Team (G)		
<b>Spin</b> 1.00-1.30pm Will (SS)	<b>Hatha Yoga</b> 12.35-1.50pm Ellie (S3)	<b>Well Fit*</b> 12.00-12.55pm Irena (S1)	<b>Senior Pilates</b> 12.35-1.30pm Michelle (S3)	<b>Hatha Yoga</b> 1.30-2.45pm Ellie (S3)		
<b>Zumba</b> 1.00-1.55pm Jodi (S1)	<b>GRIT Strength</b> 1.00-1.30pm Ruth (S1)	<b>Pilates</b> 12.00-12.55pm Claire V (S3)	<b>Health Circuits</b> 12.45-1.40pm Irena (S2)			

Class Types

- Calorie Burning
  - Muscle Toning & Endurance
  - All Over Body Workout
  - Re-Energise & Relax
  - Specialist
  - Water Workout
  - Introductory Low Impact
  - Primal - Power - Play - Pulse
  - # Term Time Only
  - \* Included in Wellness Morning
- S1 Studio 1  
S2 Studio 2  
S3 Studio 3  
S4 Studio 4  
SS Spin Studio  
G Gym  
SP Splash Pool  
MP Main Pool  
MH Main Hall  
MR Main Reception

**Under 5s Crèche**  
Monday-Friday 9.00am-12.30pm

# Littletdown Class Timetable continued

Wednesday 2 January - Thursday 18 April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hatha Flow Yoga</b> 1.30-2.40pm James (S3)	<b>Spin</b> 1.00-1.30pm Lou (SS)	<b>GRIT Cardio</b> 1.00-1.30pm Nicci (S1)	<b>GRIT Plyo</b> 1.00-1.30pm Holly (S1)			
	<b>Health Circuits</b> 1.00-1.55pm Irena (S2)	<b>Spin</b> 1.00-1.30pm Lucy (SS)	<b>Post Baby Tone #</b> 1.35-2.20pm Gina (S1)			
	<b>Well Fit</b> 2.00-2.55pm Michelle (S1)	<b>Hatha Yoga</b> 1.00-1.55pm Irena (S3)	<b>Iyengar Yoga</b> 1.35-2.50pm Marcelle (S3)			
		<b>Chair Based Yoga</b> 2.15-3.00pm Irena (S3)	<b>Health Circuits</b> 1.45-2.40pm Irena (S2)			
<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Alison (S1)	<b>Core Conditioning</b> 5.30-5.55pm Cat (S2)		<b>Spin</b> 5.25-5.55pm Jo B (SS)	<b>Spin</b> 5.30-6.00pm Taylor (SS)		
<b>Power Pilates</b> 5.40-6.25pm Claire V (S3)	<b>Spin</b> 5.30-6.00pm Elliot (SS)	<b>Spin</b> 5.30-6.00pm Rebecca (SS)	<b>Core Conditioning</b> 5.30-5.55pm Adrian (S1)	<b>BodyPump</b> 5.30-6.25pm Molly (S1)		
<b>Spin</b> 5.45-6.30pm Taylor (SS)	<b>Step</b> 5.30-6.25pm Alison (S1)	<b>Body Conditioning</b> 5.30-6.25pm Jodi (S1)	<b>Circuits</b> 6.00-6.55pm Adrian (MH)	<b>Legs, Bums &amp; Tums</b> 5.30-6.25pm Sue B (S2)		
<b>BodyPump</b> 6.30-7.25pm Tony (S1)	<b>Circuits</b> 6.00-6.55pm Adrian (MH)	<b>Metafit</b> 6.00-6.30pm Tony (MH)	<b>Dance Aerobics</b> 6.00-6.55pm Jason (S2)	<b>BodyBalance</b> 5.30-6.25pm Laura J (S4)		
<b>BodyBalance</b> 6.30-7.25pm Anita (S3)	<b>BodyBalance</b> 6.00-6.55pm Cat (S3)	<b>BodyBalance</b> 6.00-6.55pm Laura (S3)	<b>Body Conditioning</b> 6.00-6.55pm Jo B (S1)	<b>Ashtanga Yoga</b> 6.00-7.30pm Araxy (S3)		
<b>Beginners Pilates</b> 6.30-7.25pm Claire V (S4)	<b>Legs, Bums &amp; Tums</b> 6.00-6.55pm Sarah (S2)	<b>Spin</b> 6.05-6.50pm Rebecca (SS)	<b>Spin</b> 6.15-7.00pm Jo D (SS)	<b>Spin</b> 6.05-6.35pm Taylor (SS)		
<b>Spin</b> 6.35-7.05pm Taylor (SS)	<b>Spin</b> 6.05-6.35pm Elliot (SS)	<b>BodyPump</b> 6.30-7.25pm Sue (S1)	<b>Metafit</b> 7.00-7.30pm Sue B (MH)	<b>BodyPump</b> 6.30-7.25pm Molly (S1)		
<b>Athletic Conditioning</b> 7.00-7.50pm Adrian (MH)	<b>BodyPump</b> 6.30-7.25pm Kerry (S1)	<b>Circuits</b> 6.35-7.30pm Tony (MH)	<b>BodyBalance</b> 7.00-7.55pm Mel (S2)	<b>Spin</b> 6.40-7.10pm Taylor (SS)		
<b>Spin</b> 7.10-7.40pm Taylor (SS)	<b>Back Care</b> 6.30-7.25pm Irena (S4)	<b>Spin</b> 7.00-7.45pm Lou (SS)	<b>Fitness Yoga</b> 7.00-7.55pm Sarah (S3)	<b>Aqua</b> 6.50-7.30pm Clive (SP)		
<b>Aqua</b> 7.15-8.00pm Clive (SP)	<b>Spin</b> 6.40-7.25pm Sue B (SS)	<b>Boxercise Circuits</b> 7.05-8.00pm Rebecca (S3)	<b>Ante Natal Yoga</b> 7.00-7.55pm Michelle G (S4)	<b>Clubbercise</b> 7.30-8.25pm Emma C (S2)		
<b>Ashtanga Yoga</b> 7.30-8.25pm Victoria (S3)	<b>BodyCombat</b> 7.00-7.55pm Candi (MH)	<b>Ashtanga Mysore</b> 7.05-8.20pm Joy (S4)	<b>Spin</b> 7.05-7.35pm Jason (SS)			
<b>BodyBalance</b> 7.30-8.25pm Anita (S4)	<b>Zumba</b> 7.00-7.55pm Cat (S2)	<b>Aqua</b> 7.15-8.00pm Clive (SP)	<b>BodyCombat</b> 7.35-8.30pm Neale (MH)			
<b>BodyPump</b> 7.30-8.25pm Marie (S1)	<b>PiYo</b> 7.05-8.00pm Adrian (S3)	<b>Core Conditioning</b> 7.30-7.55pm Tony (MH)	<b>Pilates</b> 8.00-8.55pm Mel S (S3)			
<b>Spin</b> 7.45-8.30pm Tony (SS)	<b>Metafit</b> 7.30-8.00pm Sue B (S1)	<b>Legs, Bums &amp; Tums</b> 7.30-8.15pm Sue (S1)	<b>Adult Ballet</b> 8.00-8.55pm Mel L (S2)			
<b>Circuits</b> 8.00-8.55pm Adrian (MH)	<b>Pilates</b> 7.30-8.25pm Mel (S4)	<b>Aqua</b> 8.05-8.50pm Clive (SP)				
<b>Aqua</b> 8.05-8.50pm Clive (SP)	<b>Beginners Circuits</b> 8.00-8.55pm Candi (MH)	<b>Hatha Yoga</b> 8.15-9.30pm Alice (S3)				
<b>Ashtanga Yoga</b> 8.35-9.30pm Victoria (S3)	<b>BodyAttack</b> 8.05-9.00pm Matt (S1)	<b>BodyBalance</b> 8.20-9.15pm Sue A (S1)				
<b>Pilates</b> 8.35-9.30pm Mandy B (S1)	<b>Ashtanga Yoga</b> 8.10-9.25pm Araxy (S3)					

Class Types

 Calorie Burning

 Muscle Toning & Endurance

 All Over Body Workout

 Re-Energise & Relax

 Specialist

 Water Workout

 Introductory Low Impact

 Primal - Power - Play - Pulse

 First Wednesday of the month

S1 Studio 1

S2 Studio 2

S3 Studio 3

S4 Studio 4

G Gym

SS Spin Studio

SP Splash Pool

MP Main Pool

MH Main Hall

MR Main Reception