

# Group Exercise Timetable

## Xcel Leisure Centre

Monday		
9.10am	Cycle Connect (45 mins)	● ●
10.00am	Bums, Legs & Tums	●
11.00am	Zumba	●
12.00pm	Aqua Aerobics (45 mins)	● ● ●
5.15pm	Cycle Connect (30 mins)	● ●
6.00pm	Bums, Legs & Tums	●
6.00pm	Extreme Marine Fitness (1hr)*	
7.00pm	Body Blast	
7.00pm	Aqua Aerobics (45 mins)	●
8.00pm	Circuits	

Tuesday		
9.10am	Cycle Connect (45 mins)	● ●
10.00am	Bums, Legs & Tums	●
11.00am	Yogilates	● ● ●
5.15pm	Cycle Connect (30 mins)	● ●
6.00pm	Clubbercise	● ●
7.00pm	Yoga	● ●
8.00pm	HIIT	●

Wednesday		
9.10am	Cycle Connect (45 mins)	● ●
10.00am	Bums, Legs & Tums	●
11.00am	Yogilates	● ●
12.05pm	Aqua Aerobics (45 mins)	● ● ●
5.15pm	Cycle Connect (30 mins)	● ●
6.00pm	Bums, Legs & Tums	●
6.00pm	Extreme Marine Fitness (1hr)*	
7.00pm	Circuits	
7.10pm	Aqua Aerobics (45 mins)	● ●

Thursday		
7.00am	Cycle Connect (45 mins)	● ●
10.00am	Stomp FX	● ●
11.00am	Total Body Conditioning	●
11.15am	Aqua Aerobics (45 mins)	● ● ●
5.15pm	Cycle Connect (30 mins)	●
6.00pm	Clubbercise	● ●
7.00pm	Strength and Conditioning	●
8.00pm	Core	

Friday		
9.10am	Cycle Connect (45 mins)	● ●
10.00am	Bums, Legs & Tums	●
11.00am	Pump FX	●
12.00pm	Yogalates	● ● ●
3.00pm	Aqua Aerobics (45 mins)	● ● ●
5.30pm	Zumba	●

Saturday		
9.00am	Bums, Legs & Tums	●
10.00am	Pump FX	●
12.15pm	Aqua Aerobics (45 mins)	● ● ●

Sunday		
9.00am	Cycle Connect (45 mins)	● ●
10.00am	Bums Legs and Tums	●
10.00am	Extreme Marine Fitness (1hr)*	
11.00am	Pilates	●

■ Highlighted listings indicate changes and new classes

- Low Impact
- Suitable for Juniors
- Accessible during crèche times

Classes run for 50 minutes unless stated otherwise.

\*See Online at [www.cvlifestyles.co.uk](http://www.cvlifestyles.co.uk) or ask at reception for prices.

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