

Watford Leisure Centre - CENTRAL

Group Exercise Programme

▼ This is a virtual class, see description on back
Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 06:45	BODYPUMP™ ▼	CX WORX ▼	BODYBALANCE™ ▼		BODYPUMP™ ▼		
07:00 - 07:30				BODYCOMBAT ▼			
07:00 - 07:45	Circuits	BODYPUMP™	HIIT		Pilates		
08:00 - 08:30		BODYCOMBAT ▼	CX WORX ▼	BODYBALANCE™ ▼			
08:00 - 08:45	BODYBALANCE™						
09:00 - 09:30					SH'BAM ▼		
09:00 - 10:00						LBT	
09:15 - 10:00			HIIT				
09:30 - 10:15		BODYPUMP™					
09:30 - 10:25	LBT			HIIT	BODYBALANCE™		
09:30 - 10:30							Yoga
10:00 - 10:20				Pure Abs			
10:00 - 10:55	AQUA		Pure Abs	Pure Abs			
10:30 - 11:25	Forever Fit		Forever Fit	Forever Fit	Aerobics		Group Cycling
11:00 - 11:55		AQUA 50+	Forever Fit			BODYPUMP™	
11:00 - 12:00		Yoga					BODYPUMP™
11:30 - 12:15							
11:30 - 12:25	Yoga			Yoga			
12:30 - 13:00		ZUMBA	Pilates		HIIT		
12:30 - 13:30				Forever Fit			
12:35 - 13:30							
13:00 - 13:45						SH'BAM ▼	
13:30 - 14:30		Pilates					
13:45 - 14:15					CX WORX ▼		
13:45 - 14:30				BODYBALANCE™ ▼			
14:00 - 14:30						CX WORX ▼	
15:00 - 15:45					SH'BAM ▼		
15:30 - 16:00				BODYCOMBAT ▼			
15:30 - 16:15	SH'BAM ▼						
15:30 - 16:25						BODYBALANCE™ ▼	
16:00 - 16:30		BODYCOMBAT ▼					
16:00 - 16:55					BODYBALANCE™ ▼		
16:30 - 17:25			BODYBALANCE™ ▼				
17:00 - 17:30	BODYCOMBAT ▼	Metafit™					
17:00 - 17:45				SH'BAM ▼			
18:00 - 18:30			BODYCOMBAT ▼				
18:00 - 18:55	BODYPUMP™			BODYPUMP™	BODYATTACK™		
18:00 - 18:55					AQUA		
18:40 - 19:10		Pure Abs					
19:00 - 19:45			LBT				
19:00 - 19:55				BODYBALANCE™			
19:00 - 19:55				AQUA			
19:15 - 20:00	LBT	MEGA MIX			Pilates		
19:30 - 20:25			BODYPUMP™				
20:00 - 20:45	DANCE FITNESS	BODYATTACK™					
20:00 - 20:55			AQUA				
20:35 - 21:30			Yoga				
20:45 - 21:40					BODYPUMP™ ▼		
20:50 - 21:50	BODYBALANCE™	Yoga		Yoga			
21:35 - 22:05			CX WORX ▼				

Group Cycling Exercise Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:00	RPM ▼	RPM ▼	RPM ▼				
06:30 - 07:15					RPM ▼		
07:00 - 07:45				Group Cycling			
07:15 - 07:45	RPM ▼	RPM ▼	RPM ▼				
08:00 - 08:45							RPM ▼
08:15 - 09:00			RPM ▼				
08:15 - 08:45	RPM ▼	RPM ▼		RPM ▼	RPM ▼		
08:45 - 09:30						Group Cycling	
10:30 - 11:15	RPM ▼	Group Cycling	RPM ▼	RPM ▼		Group Cycling	Group Cycling
12:30 - 13:00		RPM ▼		RPM ▼			RPM ▼
12:30 - 13:15	Group Cycling		RPM ▼		RPM ▼	RPM ▼	
13:30 - 14:00		RPM ▼		RPM ▼			RPM ▼
14:00 - 14:30	RPM ▼				RPM ▼	RPM ▼	
15:00 - 15:30							RPM ▼
15:00 - 15:45		RPM ▼		RPM ▼			
16:00 - 16:45	RPM ▼						
17:45 - 18:30	Group Cycling				RPM ▼		
18:15 - 19:30				Group Cycling			
18:30 - 19:15		Group Cycling					
18:45 - 19:15			Group Cycling				
19:00 - 19:45	Group Cycling				RPM ▼		
19:30 - 20:15				Group Cycling			
19:45 - 20:15		Group Cycling	RPM ▼				
20:00 - 20:30	RPM ▼						
20:45 - 21:15		RPM ▼		RPM ▼			