

Monday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
7.15 - 7.45	Keiser Ride Express	Aimi	Cycling Studio
9.30 - 10.30	Aqua	Richard	Main Pool
9.30 - 10.30	Body Pump	Paula	Main Studio
9.30 - 10.15	Keiser Ride	Aimi	Cycling Studio
10.45 - 11.45	Pilates	Paula	Main Studio
18.00 - 19.00	Body Combat	Aimi	Main Studio
18.00 - 19.00	Body Conditioning	Helena	Main Studio
19.00 - 20.00	Body Pump	Delphine	Main Studio
20.00 - 20.45	Keiser Ride	Paula	Cycling Studio
20.00 - 21.00	Body Balance	Kally	Sports Hall

Timetable correct as of 07.12.18

Please check www.everyoneactive.com for any timetable changes.

Tuesday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
9.30 - 10.15	Keiser Ride	Aimi	Cycling Studio
9.30 - 10.30	Total Toning	John	Main Studio
10.30 - 11.30	Body Balance	Aimi	Main Studio
18.00 - 19.00	Body Pump	Sarah	Main Studio
18.45 - 19.45	HIIT	Aimi	Sports Hall
19.00 - 20.00	Body Combat	Body Combat	Main Studio
20.00 - 20.45	Keiser Ride	Aimi	Cycling Studio
20.00 - 21.00	Yoga	Kate	Main Studio

Timetable correct as of 07.12.18

Please check www.everyoneactive.com for any timetable changes.

Wednesday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
9.30 - 10.15	Keiser Ride	Natalie	Cycling Studio
9.30 -10.30	Body Combat	Charlotte	Main Studio
9.30 - 10.30	Legs, Bums and Tums	Paula	Main Studio
10.30 - 11.30	Yoga	Sue	Main Studio
10.45 - 11.45	Pilates	Paula	Main Studio
18.00 - 19.00	Body Combat	Aimi	Main Studio
19.00 - 19.45	Keiser Ride	Aimi	Cycling Studio
19.00 - 20.00	Body Pump	Paula	Main Studio
20.00 -21.00	Body Balance	April	Main Studio

Timetable correct as of 07.12.18

Please check www.everyoneactive.com for any timetable changes.

Thursday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
9.30 - 10.30	Body Pump	Paula	Main Studio
10.30 - 11.30	Pilates	Paula	Main Studio
18.00 - 18.45	Body Combat	Charlotte	Main Studio
18.00 - 19.00	Keiser Endurance	Sarah	Cycling Studio
19.15 - 20.00	Body Pump Express	Denise	Main Studio
19.15 - 20.15	HIIT	Sean	Main Studio

Timetable correct as of 07.12.18

Friday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
7.15 - 7.45	Keiser Ride Express	Aimi	
9.30 - 10.15	Body Pump	Paula	
9.30 - 10.30	Keiser Ride	Aimi	
10.30 - 11.30	Body Balance	Aimi	
18.00 - 18.45	Keiser Ride	Sarah	
18.00 - 19.00	Yoga	Lisa	

Timetable correct as of 07.12.18

Saturday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
8.30 - 9.15	Keiser Power	Aimi	Cycling Studio
9.00 - 10.00	Body Pump	Kally	Main Studio
9.45 - 10.30	Keiser Ride	Helena	Cycling Studio
10.00 - 11.00	Yoga	Kally	Main Studio

Timetable correct as of 07.12.18

Sunday

Group Exercise Programme

Stratford Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
8.30 - 9.15	Keiser Endurance	Paula	Cycling Studio
8.30 - 9.30	Yoga	Veronica	Main Studio
10.00 - 10.45	Keiser Ride	Sarah	Cycling Studio
10.00 - 11.00	Body Combat	Charlotte	Main Studio
11.00 - 12.00	Body Pump	Sarah	Main Studio

Timetable correct as of 07.12.18