



























































































Silksworth Community Pool, Tennis and Wellness Centre

Virtual Group Exercise Programme

KEY  Group Exercise Studio

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | TIME |
|---------------|--|--|--|--|--|--|--|---------------|
| 07:20 - 07:25 | | CXWORX LEARN THE MOVES | BODYBALANCE LEARN THE MOVES | | | | | 07:20 - 07:25 |
| 07:30 - 08:00 | | CXWORX™  | BODYBALANCE™  | | | | | 07:30 - 08:00 |
| 08:05 - 08:10 | BODYCOMBAT LEARN THE MOVES | | | | SH'BAM LEARN THE MOVES | | BODYPUMP LEARN THE MOVES | 08:05 - 08:10 |
| 08:10 - 08:40 | | | BODYCOMBAT™  | | | | | 08:10 - 08:40 |
| 08:10 - 09:10 | | BODYPUMP™  | | | | | | 08:10 - 09:10 |
| 08:15 - 08:45 | | | | BODYCOMBAT™  | | | | 08:15 - 08:45 |
| 08:15 - 09:00 | | | | | SH'BAM™  | SH'BAM™  | BODYPUMP™  | 08:15 - 09:00 |
| 08:15 - 09:15 | BODYCOMBAT™  | | | | | | | 08:15 - 09:15 |
| 08:55 - 09:25 | | | | CXWORX™  | | | | 08:55 - 09:25 |
| 09:10 - 09:40 | | | | | | BODYPUMP™  | CXWORX™  | 09:10 - 09:40 |
| 09:10 - 10:10 | | BODYCOMBAT™  | | | | | | 09:10 - 10:10 |
| 09:25 - 09:55 | BODYPUMP™  | | | | | | | 09:25 - 09:55 |
| 09:35 - 10:20 | | | | SH'BAM™  | | | BODYCOMBAT™  | 09:35 - 10:20 |
| 09:45 - 10:45 | SH'BAM™  | | | | | | | 09:45 - 10:45 |
| 10:05 - 10:50 | | | | | | BODYCOMBAT™  | | 10:05 - 10:50 |
| 10:20 - 11:20 | | | | BODYCOMBAT™  | | | | 10:20 - 11:20 |
| 10:30 - 11:30 | | | | | BODYPUMP™  | | | 10:30 - 11:30 |
| 10:45 - 11:45 | | | CXWORX™  | | | | BODYBALANCE™  | 10:45 - 11:45 |
| 10:55 - 11:25 | | | | | | | | 10:55 - 11:25 |
| 11:00 - 12:00 | BODYBALANCE™  | | | | | | | 11:00 - 12:00 |
| 11:30 - 12:00 | | | | | | CXWORX™  | | 11:30 - 12:00 |
| 11:35 - 12:05 | | | BODYBALANCE™  | | | | | 11:35 - 12:05 |
| 11:35 - 12:25 | | | | | | | SH'BAM™  | 11:35 - 12:25 |
| 11:40 - 12:40 | | BODYBALANCE™  | | BODYPUMP™  | | | | 11:40 - 12:40 |
| 11:55 - 12:25 | | | | | SH'BAM™  | | | 11:55 - 12:25 |
| 12:05 - 12:35 | CXWORX™  | | | | | | | 12:05 - 12:35 |
| 12:10 - 13:10 | | | BODYPUMP™  | | | BODYBALANCE™  | | 12:10 - 13:10 |
| 12:35 - 13:05 | | | | | | | CXWORX™  | 12:35 - 13:05 |
| 12:45 - 13:45 | BODYCOMBAT™  | | | | | | | 12:45 - 13:45 |
| 12:50 - 13:20 | | CXWORX™  | | BODYBALANCE™  | | | | 12:50 - 13:20 |
| 13:05 - 13:35 | | | | | BODYBALANCE™  | | | 13:05 - 13:35 |
| 13:15 - 14:00 | | | | | | | SH'BAM™  | 13:15 - 14:00 |
| 13:20 - 13:50 | | | CXWORX™  | | | BODYPUMP™  | | 13:20 - 13:50 |
| 13:30 - 14:15 | | SH'BAM™  | | CXWORX™  | | | | 13:30 - 14:15 |
| 13:45 - 14:15 | | | | | BODYPUMP™  | | | 13:45 - 14:15 |
| 14:00 - 14:30 | | | | | | CXWORX™  | | 14:00 - 14:30 |
| 14:10 - 14:40 | | | | SH'BAM™  | | | BODYCOMBAT™  | 14:10 - 14:40 |
| 14:10 - 15:10 | | | BODYPUMP™  | | | | | 14:10 - 15:10 |
| 14:20 - 14:50 | | BODYBALANCE™  | | | | BODYCOMBAT™  | | 14:20 - 14:50 |
| 14:25 - 14:55 | SH'BAM™  | | | | | | | 14:25 - 14:55 |
| 14:25 - 14:55 | CXWORX™  | | | | | | | 14:25 - 14:55 |
| 14:40 - 15:25 | | | | | | SH'BAM™  | | 14:40 - 15:25 |
| 14:50 - 15:20 | | | | BODYPUMP™  | | | | 14:50 - 15:20 |
| 14:50 - 15:50 | | | | | | | BODYBALANCE™  | 14:50 - 15:50 |
| 15:00 - 15:30 | | BODYPUMP™  | | | | | | 15:00 - 15:30 |
| 15:00 - 15:45 | | | | | SH'BAM™  | | | 15:00 - 15:45 |
| 15:05 - 15:35 | CXWORX™  | | | | | | | 15:05 - 15:35 |
| 15:20 - 16:20 | | | BODYCOMBAT™  | | | | | 15:20 - 16:20 |
| 15:30 - 16:00 | | | | BODYCOMBAT™  | | | | 15:30 - 16:00 |
| 15:35 - 16:35 | | | | | | BODYPUMP™  | | 15:35 - 16:35 |
| 15:40 - 16:10 | | CXWORX™  | | | | | | 15:40 - 16:10 |
| 15:45 - 16:15 | BODYCOMBAT™  | | | | | | | 15:45 - 16:15 |
| 15:55 - 16:25 | | | | | CXWORX™  | | | 15:55 - 16:25 |
| 16:00 - 16:30 | | | | | | | CXWORX™  | 16:00 - 16:30 |
| 16:10 - 16:40 | | | | | CXWORX™  | | | 16:10 - 16:40 |
| 16:20 - 17:20 | | BODYCOMBAT™  | | | | | | 16:20 - 17:20 |
| 16:25 - 16:55 | BODYPUMP™  | | | | | | | 16:25 - 16:55 |
| 16:30 - 17:30 | | | BODYBALANCE™  | | | | | 16:30 - 17:30 |
| 16:35 - 17:35 | | | | | BODYPUMP™  | | | 16:35 - 17:35 |
| 16:40 - 17:40 | | | | | | | BODYPUMP™  | 16:40 - 17:40 |
| 16:45 - 17:15 | | | | | | BODYCOMBAT™  | | 16:45 - 17:15 |
| 16:50 - 17:50 | | | | BODYCOMBAT™  | | | | 16:50 - 17:50 |
| 16:55 - 17:00 | BODYBALANCE LEARN THE MOVES | | | | | | | 16:55 - 17:00 |
| 17:05 - 18:05 | BODYBALANCE™  | | | | | | | 17:05 - 18:05 |
| 17:40 - 18:25 | | | SH'BAM™  | | | | | 17:40 - 18:25 |
| 17:45 - 18:45 | | | | | BODYBALANCE™  | | | 17:45 - 18:45 |
| 18:00 - 18:55 | | | | | BODYPUMP™  | | | 18:00 - 18:55 |
| 18:15 - 19:15 | BODYPUMP™  | | | | | | | 18:15 - 19:15 |
| 19:00 - 19:05 | | | | SH'BAM LEARN THE MOVES | | | | 19:00 - 19:05 |
| 19:00 - 19:55 | | BODYPUMP™  | | | | | | 19:00 - 19:55 |
| 19:00 - 20:00 | | | | | | BODYCOMBAT™  | | 19:00 - 20:00 |
| 19:10 - 19:55 | | | | SH'BAM™  | | | | 19:10 - 19:55 |
| 19:30 - 20:15 | SH'BAM™  | | | | | | | 19:30 - 20:15 |
| 19:35 - 19:40 | | | BODYCOMBAT LEARN THE MOVES | | | | | 19:35 - 19:40 |
| 19:40 - 20:25 | | SH'BAM™  | BODYCOMBAT™  | | | | | 19:40 - 20:25 |
| 19:45 - 20:15 | | | | | | | | 19:45 - 20:15 |
| 20:05 - 20:35 | | SH'BAM™  | | | | | | 20:05 - 20:35 |
| 20:05 - 21:05 | | | | BODYBALANCE™  | | | | 20:05 - 21:05 |
| 20:10 - 21:10 | | | | | BODYPUMP™  | | | 20:10 - 21:10 |
| 20:20 - 20:25 | CXWORX LEARN THE MOVES | | | | | | | 20:20 - 20:25 |
| 20:25 - 21:25 | | | BODYPUMP™  | | | | | 20:25 - 21:25 |
| 20:30 - 21:00 | CXWORX™  | | | | | | | 20:30 - 21:00 |
| 20:35 - 21:05 | | BODYPUMP™  | | | | | | 20:35 - 21:05 |

Timetable correct as at July 2017. Any updates to this timetable will be made online at www.everyoneactive.com

Please note that advertised class times include a short period of warm up and cool down for the virtual system.

Tell us how your workout went by using the hashtag [#feelbetterforit](https://twitter.com/feelbetterforit)

Book your class using our FREE app, call the centre on 03330 05 0152 or visit our reception team!

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