

Watford Leisure Centre - CENTRAL

KEY 1 Studio 2 Pool 3 Group Cycling Studio

▼ This is a virtual class, see description on back

Group Exercise Programme

Please check with reception before attending to avoid disappointment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:15 - 06:45	BODYPUMP™ 1 ▼	CXWORX™ 1 ▼	BODYBALANCE™ 1 ▼		BODYPUMP™ 1 ▼		
07:00 - 07:30				BODYCOMBAT™ 1 ▼			
07:00 - 07:45	Circuits 1	BODYPUMP™ 1 ▼	HIIT 1		Pilates 1		
08:00 - 08:30		BODYCOMBAT™ 1 ▼	CXWORX™ 1 ▼	BODYBALANCE™ 1 ▼			
08:00 - 08:45	BODYBALANCE™ 1						
08:15 - 09:00							SH'BAM™ 1 ▼
09:00 - 09:30					SH'BAM™ 1 ▼		
09:00 - 10:00						LBT 1	
09:15 - 10:00			HIIT 1				
09:30 - 10:15		BODYPUMP™ 1					
09:30 - 10:25	LBT 1			HIIT 1	BODYBALANCE™ 1		
09:30 - 10:30							Yoga 1
10:00 - 10:20				Pure Abs 1			
10:00 - 10:55	Aqua 2		Pure Abs 1				
10:30 - 11:25	Forever Fit 1			Forever Fit 1	Aerobics 1		
11:00 - 11:55		Aqua 50+ 2	Forever Fit 1				
11:00 - 12:00		Yoga 1				BODYPUMP™ 1	
11:30 - 12:15							BODYPUMP™ 1
11:30 - 12:25	Yoga 1			Yoga 1			
12:30 - 13:00			Pilates 1				
12:30 - 13:30		Zumba® 1			HIIT 1		
12:35 - 13:30				Forever Fit 1			
13:00 - 13:45						SH'BAM™ 1 ▼	
13:30 - 14:30		Pilates 1					
13:45 - 14:15					CXWORX™ 1 ▼		
13:45 - 14:30				BODYBALANCE™ 1 ▼			
14:00 - 14:30						CXWORX™ 1 ▼	
15:00 - 15:45					SH'BAM™ 1 ▼		
15:15 - 15:45		SH'BAM™ 1 ▼					
15:30 - 16:00				BODYCOMBAT™ 1 ▼			
15:30 - 16:25						BODYBALANCE™ 1 ▼	
15:45 - 16:30	SH'BAM™ 1 ▼						
16:00 - 16:30		BODYCOMBAT™ 1 ▼					
16:00 - 16:55					BODYBALANCE™ 1 ▼		
16:30 - 17:25			BODYBALANCE™ ▼				
17:00 - 17:30	BODYCOMBAT™ 1 ▼						
17:00 - 17:45				SH'BAM™ 1 ▼			
18:00 - 18:30			BODYCOMBAT™ 1 ▼				
18:00 - 18:55	BODYPUMP™ 1			BODYPUMP™ 1	Aqua 2		
18:15 - 19:10					HIIT 1		
18:40 - 19:10		Pure Abs 1					
19:00 - 19:45			LBT 1				
19:00 - 19:55				BODYBALANCE™ 1			
19:00 - 19:55				Aqua 2			
19:15 - 20:00	LBT 1	Mega Mix 1			Pilates 1		
19:30 - 20:25			BODYPUMP™ 1				
20:00 - 20:45	Dance Fitness 1	BODYATTACK™ 1					
20:00 - 20:55			Aqua 2				
20:35 - 21:30			Yoga 1				
20:45 - 21:40					BODYPUMP™ 1 ▼		
20:50 - 21:50	BODYBALANCE™ 1	Yoga 1		Yoga 1			
21:40 - 22:10			CXWORX™ 1 ▼				

Group Cycling Exercise Programme

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:00	RPM 3 ▼	RPM 3 ▼	RPM 3 ▼				
06:30 - 07:15					RPM 3 ▼		
07:00 - 07:45				RPM 3 ▼			
07:15 - 07:45	RPM 3 ▼	RPM 3 ▼	RPM 3 ▼				
08:15 - 08:45	RPM 3 ▼	RPM 3 ▼		RPM 3 ▼	RPM 3 ▼		
08:15 - 09:00			RPM 3 ▼			Group Cycling 3	RPM 3 ▼
09:00 - 09:45				RPM 3 ▼			
10:30 - 11:15	RPM 3 ▼	Group Cycling 3	RPM 3 ▼	RPM 3 ▼		Group Cycling 3	Group Cycling 3
10:00 - 10:30							RPM 3 ▼
12:30 - 13:00		RPM 3 ▼		RPM 3 ▼			
12:30 - 13:15	RPM 3 ▼		RPM 3 ▼		RPM 3 ▼	RPM 3 ▼	
13:30 - 14:00		RPM 3 ▼		RPM 3 ▼			RPM 3 ▼
14:00 - 14:30	RPM 3 ▼				RPM 3 ▼	RPM 3 ▼	
15:00 - 15:30							RPM 3 ▼
15:00 - 15:45		RPM 3 ▼		RPM 3 ▼			
16:00 - 16:45	RPM 3 ▼						
17:45 - 18:30	Group Cycling 3				RPM 3 ▼		
18:15 - 19:30				Group Cycling 3			
18:30 - 19:15		Group Cycling 3	Group Cycling 3				
19:00 - 19:45	Group Cycling 3				RPM 3 ▼		
19:30 - 20:15				Group Cycling 3			
19:45 - 20:15		Group Cycling 3	RPM 3 ▼				
20:00 - 20:30	RPM 3 ▼						
20:45 - 21:15		RPM 3 ▼		RPM 3 ▼			

Timetables correct as of September 2019. Any updates to this timetable will be made online at www.everyoneactive.com

Book your class using our free app or online at www.everyoneactive.com