### Camberwell Leisure Centre
### Group Exercise Programme

**Time**
- **TIME** Monday Tuesday Wednesday Thursday Friday Saturday Sunday
- **06:45 - 07:30** BodyPump™
- **07:00 - 08:00** Silver Gym
- **07:15 - 08:00** Silver Gym
- **07:30 - 08:00** Silver Gym
- **08:00 - 09:00** Silver Gym
- **08:30 - 09:30** BodyPump™
- **09:00 - 09:45** BODYPUMP™
- **09:15 - 10:00** BodyPump™
- **09:30 - 10:30** RPM™
- **10:00 - 11:00** RPM™
- **11:00 - 13:00** Silver Gym
- **13:00 - 14:00** Silver Gym
- **13:15 - 14:15** Silver Active Aerobics
- **14:00 - 16:00** Silver Gym
- **14:30 - 15:15** RPM™
- **15:00 - 16:00** RPM™
- **15:15 - 16:00** Silver Gym
- **15:30 - 16:30** Silver Gym
- **16:00 - 17:00** Group Cycling
- **16:15 - 17:15** Group Cycling
- **16:30 - 17:30** Group Cycling
- **16:45 - 17:45** Group Cycling
- **17:00 - 18:00** Group Cycling
- **17:15 - 18:15** Group Cycling
- **17:30 - 18:30** Group Cycling
- **18:00 - 19:00** Group Cycling
- **18:15 - 19:15** Group Cycling
- **18:30 - 19:30** Group Cycling
- **19:00 - 20:00** Aqua
- **19:15 - 20:15** HIIT
- **20:00 - 21:00** Yoga
- **20:15 - 21:15** Yoga

**Class descriptions**

**Group Cycling**
- **45 per blot Calories**
  - Kiln in at best without the stress of any complicated moves. Great music, motivational instructors and all gyms for 30 minutes will complete your journey to calorie burning heaven.

**BodyPump™**
- *The original barbell class* that strengthens your entire body. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifting and Curl. Great music, instructors who motivate you to get the results you came for – and fast!

**Boot Camp**
- If you are looking to lose weight, tone-up, improve your aerobic fitness, strength, stamina, endurance, energy levels plus feel better than you have come to the right session. These sessions are designed to be fun and challenging at the same time. Sessions will vary each week.

**Circuits**
- A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on timing and technique, circuits will effectively tone the upper body and increase stamina and strength.

**HIIT**
- High intensity interval Training session, in the name of your workout for the maximum amount of time. HIIT is proven to give the best results, combining high intensity exercises followed by using your own maximum, helping you to get the most out of your workout and in

**SPECIALITIES**
- **Box Fit** A fun, non-contact boxing class providing a great workout for all fitness levels. Concentrating on timing and technique, circuits will effectively tone the upper body and increase stamina and strength.

**Studios**
- Studio time is available for hire. Please contact the Centre Reception for details. Timetable correct as of September 2019. Any updates to this timetable will be made online at www.everyoneactive.com

**Virtual classes**
- Virtual classes are designed for people who cannot get access to our live classes or who want to try a ‘taste’ of a class before taking a live class with an instructor. The classes are played on a big video screen, with dimmed lighting and pumps surround sound, and are led onscreen by the people who actually choreograph the classes. There is a variety of virtual programs and class durations available, so check back on timetable for details and give it a go!

Please note: Silver Gym and Silver classes are only available for those 40+

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**Tell us how your workout went by using the hashtag #feelbetterforit**