<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:00 - 10:00</td>
<td>Kettlebells (Women Only)</td>
<td>Paire Abs</td>
<td>HiIT</td>
<td>Stop</td>
<td>Paire Abs</td>
</tr>
<tr>
<td>09:30 - 10:00</td>
<td>HIIT</td>
<td>Cirkal</td>
<td>Stop</td>
<td>LBT (Women Only)</td>
<td>LBT (Women Only)</td>
</tr>
<tr>
<td>10:30 - 11:30</td>
<td>Asian Dance Fusion</td>
<td>LBT (Women Only)</td>
<td>Pilates (Women Only)</td>
<td>Yoga 50+</td>
<td>Yoga 50+</td>
</tr>
<tr>
<td>11:30 - 12:30</td>
<td>Pilates (Women Only)</td>
<td>Asian Dance Fusion</td>
<td>Pilates (Women Only)</td>
<td>Yoga 50+</td>
<td>Yoga 50+</td>
</tr>
<tr>
<td>12:30 - 13:30</td>
<td>Zumba® (Women Only)</td>
<td>Shanga Dance</td>
<td>Pilates (Women Only)</td>
<td>Yoga 50+</td>
<td>Yoga 50+</td>
</tr>
<tr>
<td>13:30 - 14:30</td>
<td>Cirkal</td>
<td>Zumba®</td>
<td>Pilates (Women Only)</td>
<td>Yoga 50+</td>
<td>Yoga 50+</td>
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</tbody>
</table>

**Class Descriptions**

**SPECIALITIES**

- **Asian Dance Fusion**: This brilliant fusion combines various Asian dance moves and techniques with stretching to really target and promote body toning and fat loss.
- **Zumba®**: This high-energy, dance-inspired workout combines Latin and international beats with easy-to-follow dance moves, for a fun and effective workout.
- **Circuit Training**: Achieve a full body workout, involving both cardiovascular and resistance exercises to motivate you to burn fat! Classes are designed to be fun and effective, combining high-intensity exercises with a flowing format to get you moving in no time.
- **Pilates**: This low-impact, full-body workout uses small weights and resistance bands to tone and strengthen the body, improve flexibility, posture, and balance.
- **Yoga**: This relaxing, flowing practice combines gentle stretches and poses to improve flexibility, balance, and stress management.

**TONING & STRENGTH**

- **Circuits**: Achieve a full body workout, involving both cardiovascular and resistance exercises to motivate you to burn fat! Classes are designed to be fun and effective, combining high-intensity exercises with a flowing format to get you moving in no time.

**UNWIND & RE-ENERGISE**

- **Pilates**: This low-impact, full-body workout uses small weights and resistance bands to tone and strengthen the body, improve flexibility, posture, and balance.
- **Yoga**: This relaxing, flowing practice combines gentle stretches and poses to improve flexibility, balance, and stress management.

**MIND & Body**

- **Zumba®**: This high-energy, dance-inspired workout combines Latin and international beats with easy-to-follow dance moves, for a fun and effective workout.
- **Pilates**: This low-impact, full-body workout uses small weights and resistance bands to tone and strengthen the body, improve flexibility, posture, and balance.

**Not available on the following dates:**

- **Studio**: Studio time is available for hire. Please contact the Centre Reception for details.

**Southall Sports Centre**

*Groups are subject to minimum numbers. For more information, please speak to the Centre Reception or visit our website.*

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

**Key**

1. Sports Hall
2. Studio
3. Group Cycling Studio
4. Main Gym

*Please check with reception before attending to avoid disappointment.*