

# The Queen Elizabeth II Diamond Jubilee Leisure Centre

## Group Fitness Programme

**Easter Vacation 8<sup>th</sup> April – 14<sup>th</sup> April 2019**

<b>Monday</b>	07.00 - 08.00	Yoga with Carlton
	12.15 - 13.00	Spinning with Rachel
	17.30 - 18.15	LBT with Rachel
<b>Tuesday</b>	07.15 - 08.00	Kettlebells with the Gym Team
	12.15 - 13.00	Aqua Zumba with Magda
	17.30 - 18.15	Pilates with Karly
	18.25 - 19.10	Fusion Fit with Karly
<b>Wednesday</b>	12.15 - 13.00	Body Conditioning with Rachel
	17.30 - 18.15	Zumba with Amanda
	18.00 - 18.45	Aqua with Greg
	18.25 - 18.55	Abs Blast with Amanda
<b>Thursday</b>	07.00 - 07.45	Rig Fit with the Gym Team
	13.15 - 14.00	Spinning with Clare
	17.30 - 18.15	Body Blitz with Jenna
	19.15 - 20.00	Zumba with Amanda
<b>Friday</b>	07.15 - 08.00	PiYo with Jenna
	13.15 - 14.00	Zumba with Jaina
	17.00 - 18.00	Yoga with Tingo
	18.15 - 19.00	Circuits with Greg
<b>Saturday</b>	10.00 - 10.45	LBT with Rachel
	11.00 - 12.00	Spinning and Abs with Rachel
	13.15 - 14.45	Yoga with Carlton
<b>Sunday</b>	10.15 - 11.00	Pilates with Karly
	11.10 - 11.55	Fusion Fit with Karly

# The Queen Elizabeth II Diamond Jubilee Leisure Centre Group Fitness Programme

**Easter Vacation 15<sup>th</sup> April – 21<sup>st</sup> April 2019**

<b>Monday</b>	07.00 - 08.00 12.15 - 13.00 17.30 - 18.15	Yoga with Carlton Spinning with Rachel LBT with Rachel
<b>Tuesday</b>	07.15 - 08.00 12.15 - 13.00 17.30 - 18.15 18.25 - 19.10	Kettlebells with the Gym Team Aqua Zumba with Magda Pilates with Karly Fusion Fit with Karly
<b>Wednesday</b>	12.15 - 13.00 17.30 - 18.15 18.00 - 18.45 18.25 - 18.55	Body Conditioning with Rachel Zumba with Amanda Aqua with Greg Abs Blast with Amanda
<b>Thursday</b>	07.00 - 07.45 13.15 - 14.00 17.30 - 18.15 18.25 - 19.10 19.15 - 20.00	Rig Fit with the Gym Team Spinning with Clare Body Blitz with Jenna PiYo with Jenna Zumba with Amanda
<b>Friday</b>	<b>Closed – Good Friday</b>	
<b>Saturday</b>	10.00 - 10.45 11.00 - 12.00 13.15 - 14.45	LBT with Rachel Spinning and Abs with Rachel Yoga with Carlton
<b>Sunday</b>	<b>Closed – Easter Sunday</b>	

# The Queen Elizabeth II Diamond Jubilee Leisure Centre

## Group Fitness Programme

**Easter Vacation 22<sup>nd</sup> April – 28<sup>th</sup> April 2019**

<b>Monday</b>	<b>Closed – Easter Monday</b>	
<b>Tuesday</b>	07.15 - 08.00	Kettlebells with the Gym Team
	12.15 - 13.00	Aqua Zumba with Magda
	13.15 - 14.00	Spinning with Rachel
	17.30 - 18.15	Pilates with Karly
	18.25 - 19.10	Fusion Fit with Karly
<b>Wednesday</b>	12.15 - 13.00	Body Conditioning with Rachel
	17.30 - 18.15	Zumba with Amanda
	18.00 - 18.45	Aqua with Greg
	18.25 - 18.55	Abs Blast with Amanda
<b>Thursday</b>	07.00 - 07.45	Rig Fit with the Gym Team
	13.15 - 14.00	Spinning with Clare
	17.30 - 18.15	Body Blitz with Jenna
	19.15 - 20.00	Zumba with Amanda
<b>Friday</b>	12.15 - 13.00	Pilates with Jaina
	13.15 - 14.00	Zumba with Jaina
	17.00 - 18.00	Yoga with Tingo
<b>Saturday</b>	10.00 - 10.45	LBT with Rachel
	11.00 - 12.00	Spinning and Abs with Rachel
	13.15 - 14.45	Yoga with Carlton
<b>Sunday</b>	10.15 - 11.00	Pilates with Karly
	11.10 - 11.55	Fusion Fit with Karly