

## Class Timetable

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30 – 8.15am		Spin (Tim/Helen)					
9.30 – 10.30am		Seniors Gym		Seniors Gym		Kettlebells (Ibrahim) 11:10 - 11:55	**Women's Only Session
11am – 12pm	**Women's Only Session						
12.10 – 12.55pm	Circuits (Aderito)	HIIT (Niamh)	Belly Dance Fit (Nadia) 30 Express Spin (Tim)	MMA (Kes) *Badminton 12:00-14:00	Yoga (Charlotte)		
1.10 – 1.55pm	Yoga (Charlotte) 30 Express Spin (Tim)	Staff Yoga (Nicolette)	Sculpt & Abs (Greg)	LBT (Nadia)	Circuits (Aderito/ Greg)		
5.10 – 5.55pm		Spin (Viv)	Kettlebells (Ibrahim)	Sculpt & Abs (Greg)	HIIT (AOS Team)		
5.30 – 6.30pm		Run Club (Jodine)					
6.10 – 6.55pm	Pilates (Keith)	Step (Nadia)	Muay Thai (Kes)	TBC (Viv)	Spin (Viv)		* Badminton 18:00-20:00
7 – 7.55pm		MMA (Fabian)	Boxing (Adrian)	Ultimate Fitness (Clive)	Muay Thai (Kes)		

- Classes are free for Platinum, Gold and Bronze members. Sessions are £6 for Silver and non-members.
- A ticket must be purchased from the Sports Centre reception desk prior to the start of each class and handed to the instructor.

\*This class is free for platinum members and £4 for Gold, Silver, Bronze and non-members.

\*\*This class is free for Platinum, Gold and Silver members and £2 for Bronze and non-members

 – New Classes

LSBU Staff Yoga is free to all LSBU staff. A valid LSBU staff access card must be presented at the sports centre reception in order to attend the class.

## FTZ Exercise Timetable

Times	Monday	Wednesday	Thursday	Friday	Saturday	Sunday
7.15 – 9am	Free Time	Free Time		Free Time		
12 – 12.55pm		Free Time				
1 – 1.55pm					Free Time	FTZ (Louis)
2 – 2.55pm					Free Time	
6 – 6.55pm	FTZ (Greg)	FTZ (Louis)		FTZ (Jordan)		
8 – 8.55pm			FTZ (Miles)			

FTZ classes are free for Platinum members. Classes are £8 for Gold, Silver, Bronze and non-members.

FTZ Free Time is an open session free for Platinum, Gold, Silver members. £5 for Bronze and non-members.