

WYE LEISURE

Herefordshire's Premier Health & Leisure Club

Group Exercise Class Timetable – Availability Chart W/C 9th May 2016

Day / Time	Class Type	Places Remaining
Monday		
06:30	Indoor Cycling	Waiting Only
07:30	Beginners Spin®	12
09:30	Circuits	10
11:30	Pilates	Waiting Only
18:00	Tabata	5
18:00	Spin®	Waiting Only
19:00	Spin®	Waiting Only
19:30	Pilates	Waiting Only
19:30	Aqua – Shallow Water	2
Tuesday		
06:30	Spin®	Waiting Only
09:30	H I I T	11
11:30	Total Tone	4
12:00	FitSteps®	4
13:30	Yoga – Classic 60 Min	Waiting Only
18:00	Zumba®	Waiting Only
18:00	Body Blitz	7
19:15	Yoga – Dynamic Hatha 60 Min	Waiting Only
19:30	Aqua – Shallow Water	Waiting Only
Wednesday		
06:45	Pilates – Cover Class	Waiting Only
08:00	Pilates – Cover Class	Waiting Only
10:00	Legs, Bums and Tums	14
10:30	Aqualates	Waiting Only
11:45	Aqua – Deep Water	5
12:00	Pilates	Waiting Only
18:00	Tabata	13
18:00	Indoor Cycling	5
19:15	Yoga – Dynamic Hatha 90 Min	Waiting Only
19:45	Zumba®	4
Thursday		
06:30	Spin®	Waiting Only
09:15	BarreConcept®	Waiting Only
10:30	Zumba®	2
18:00	Spin®	3
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Thursday	Continued	
19:15	Resistance Band Circuits	1
19:15	Spin®	4
19:30	Aqua – Shallow Water	1
Friday		
06:30	Spin®	Waiting Only
07:05	Get Fit in 40	15
09:00	Aqua – Shallow Water	Waiting Only
09:15	Pilates	Waiting Only
10:15	Aqua – Deep Water	3
10:15	Pilates	Waiting Only
10:30	Spin® Gold	Waiting Only
17:45	Body Blitz-45	12
18:45	Yoga – Hatha 60 Min	2
Saturday		
09:30	Spin®	5
Listings correct at 12:28hrs – 08/05/16		

Classes FREE* to Members
£6.95 Per Class – Non Members

For Bookings Please Call:
01432 860860

For Class Descriptions
visit: www.wyeleisure.com

* = Terms & Condition Apply – Depends on membership type Extra charges may apply, Please call us for further details

For a copy of our booking terms and conditions please ask at the time of booking or download a copy from our website

It may be necessary to move class times or at times to cancel arranged classes. For an up-to-date calendar of classes, please visit our website: www.wyeleisure.com