

Group Exercise Studio Timetable

2nd January - 15th April 2018

For class descriptions visit: www.uplandssportscentre.co.uk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPINNING studio cycling All Levels 9.15 - 10.00am	Spin & Pilates All Levels 9.15 - 10.00am NEW	Ultimate Tone All Levels 9.15 - 10.00am	HIGH INTENSITY INTERVAL TRAINING Intermediate 9.15 - 10.00am	SPINNING studio cycling All Levels 9.15 - 10.00am	SPINNING studio cycling All Levels 9.00 - 9.45am	metafit BODYWEIGHT TRAINING Intermediate 10.00 - 10.45am
pump & tone All Levels 10.00 - 10.45am	Active Plus (55+) 20-20-20 10.00 - 11.00am	Stretch & Tone All Levels 10.00 - 11:00am	Active Plus (55+) 20-20-20 10.00 - 11.00am	pump & tone All Levels 10.00 - 10.45am	pump & tone All Levels 9.45 - 10.30am	Pilates All Levels 10.45 - 11.45am NEW
Cardio Boxing All Levels 6.05 - 7.00pm * last admission 6.15pm NEW TIME	Yoga All Levels 11.00 - 12.00pm	Step Aerobics Int/Advanced 6.10 - 6.55pm	Yoga All Levels 11.00 - 12.00pm NEW	Stretch & Tone All Levels 10.45 - 11.30am	ZUMBA FITNESS All Levels 10.30 - 11.30am	Opening Times: Mon: 7am-10:30pm Tue: 9am-10:30pm Wed: 7am-10:30pm Thur: 9am-10:30pm Fri: 7am-9pm Sat: 8am-6pm Sun: 9am-4pm
Pilates All Levels 7.00 - 8.00pm NEW	Spin & Abs All Levels 6.15 - 7.00pm	pump & tone All Levels 6.55 - 7.40pm * 5 minute class changeover	Cardio Boxing All Levels 6.15 - 7.00pm	Cardio Tone Holistic FREE hot drink after each class <small>(classes subject to change at management's discretion - please observe studio etiquette policy - entry may be refused if not adhered to)</small>		
Spin & Abs All Levels 8.05 - 8.50pm * 5 minute class changeover	HIGH INTENSITY INTERVAL TRAINING with Kettlebells Intermediate 7.00 - 7.45PM SP2	SPINNING studio cycling All Levels 7.45 - 8.30pm	HIGH INTENSITY INTERVAL TRAINING Intermediate 7.00 - 7.45pm SP2			
metafit BODYWEIGHT TRAINING Intermediate 8.00 - 8.45pm SP2	ZUMBA FITNESS All Levels 7.00 - 8.00pm	Cardio Boxing & Kettlebells All Levels 8.30 - 9.15pm NEW	Pilates All Levels 7.00 - 7.45pm NEW	SPINNING studio cycling All Levels 7.45 - 8.30pm		

NEW! Look out for the **NEW** symbol against classes

By popular demand, we've introduced an extra Yoga class and launched Pilates, as well as given old favourites a new twist! If you're a Gold Member, these classes are included in your membership, along with all classes on the timetable, or you can pay as you go - so why not book yourself on one today!

Uplands Sports Centre
Lower High Street, Wadhurst, East Sussex, TN15 6BA
Email: info@uplandssportscentre.co.uk

Telephone:
01892 782136