

Group Exercise Studio Timetable

10th September - 23rd December 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	SPINNING studio cycling NEW INSTRUCTOR All Levels 9.15 - 10.00am	SPINNING studio cycling All Levels 8.25 - 9.10am * 5 minute class changeover	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	20-20-20 NEW INSTRUCTOR Beginners 10.00 - 11.00am	Pump Blast 20-20 All Levels 9.15 - 10.00am	20-20-20 Beginners 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
Box-Fit NEW INSTRUCTOR All Levels 6.05 - 7.00pm * last admission 6.15pm	Yoga All Levels 11.00 - 12.00pm	Pilates NEW INSTRUCTOR All Levels 10.00 - 11:00am	Yoga All Levels 11.00 - 12.00pm	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 Thu: 9am-10:30pm Fri: 7am-9pm Sat: 8am-6pm Sun: 9am-4pm
Pilates All Levels 7.00 - 8.00pm	Spin & Abs All Levels 6.15 - 7.00pm	Step Aerobics Int/Advanced 6.10 - 6.55pm	Cardio Boxing NEW TIME All Levels 6.10 - 6.55pm	Pilates NEW TIME All Levels 6.55 - 7.55pm * 5 minute class changeover	Cardio Tone Holistic FREE hot drink after each class	
Spin & Abs NEW INSTRUCTOR All Levels 8.00 - 8.45pm	HIGH INTENSITY INTERVAL TRAINING NEW INSTRUCTOR/TIME Intermediate 7.05 - 7.50PM	pump & tone All Levels 6.55 - 7.40pm * 5 minute class changeover	HIGH INTENSITY INTERVAL TRAINING NEW TIME Intermediate 7.05 - 7.50PM WITH SLAM BALLS	MEMBERSHIP OPTIONS see website for more details	Gold Members Unlimited gym use and all classes included on this timetable (classes subject to change at management's discretion - please observe studio etiquette policy - entry may be refused if not adhered to)	Casual Members £30 joining fee (includes induction) £6.00 per class or gym session, £50 for a book of 10 sessions (concession rates available) SP2 - Sports Hall 2
metafit BODYWEIGHT TRAINING Intermediate 8.00 - 8.45pm	ZUMBA FITNESS All Levels 7.00 - 8.00pm	SPINNING studio cycling NEW INSTRUCTOR All Levels 7.45 - 8.30pm	HIGH INTENSITY INTERVAL TRAINING NEW TIME Intermediate 8.00 - 8.45pm	Non-members £7.50 per class or gym session or £10 for a day pass* (includes all gym use and classes that day)	Telephone: 01892 782136	
SPINNING studio cycling NEW INSTRUCTOR All Levels 8.00 - 8.45pm	SPINNING studio cycling NEW INSTRUCTOR All Levels 8.00 - 8.45pm		SPINNING studio cycling NEW TIME All Levels 8.00 - 8.45pm	Uplands Sports Centre Lower High Street, Wadhurst, East Sussex, TN15 6BA Email: info@uplandssportscentre.co.uk		