

Group Exercise Classes

Chase Leisure Centre

Accurate as of 30/05/2023

Times for Monday 3 October



Time	Session
07:00 - 07:45	SH'BAM (Virtual)
07:00 - 07:45	The Trip (Virtual)
07:00 - 07:45	WFC
08:15 - 09:00	RPM (Virtual)
08:45 - 09:15	CXWORX (Virtual)
09:15 - 10:15	Body Attack
09:30 - 10:15	Body Attack
09:30 - 10:15	Trip
10:30 - 11:15	Circuits
10:30 - 11:30	Body Pump®
11:45 - 12:30	Pilates
12:45 - 13:30	BODYCOMBAT (Virtual)
13:15 - 14:00	RPM (Virtual)
13:45 - 14:30	BODYPUMP (Virtual)
14:30 - 15:15	The Trip (Virtual)
14:45 - 15:30	SH'BAM (Virtual)
15:45 - 16:15	CXWORX (Virtual)
17:15 - 18:00	RPM (Virtual)
18:15 - 19:00	Vibe Dance
18:30 - 19:15	Trip
18:30 - 19:30	Circuits

Time	Session
19:15 - 20:15	Yoga
19:30 - 20:15	RPM (Virtual)
19:30 - 20:15	RPM (Virtual)