

Group Exercise Classes

Chase Leisure Centre

Accurate as of 30/05/2023

Times for Tuesday 4 October



Time	Session
07:00 - 07:30	SPRINT
07:00 - 07:45	BODYPUMP (Virtual)
07:45 - 08:30	RPM (Virtual)
08:00 - 08:30	CXWORX (Virtual)
09:00 - 09:45	The Trip (Virtual)
09:30 - 10:00	Circuits
09:30 - 10:15	Vibe Dance
10:30 - 11:15	Pilates
11:15 - 12:15	Young at Heart Keep Fit
12:30 - 13:15	BODYBALANCE (Virtual)
13:15 - 14:00	The Trip (Virtual)
13:30 - 14:15	BODYCOMBAT (Virtual)
14:30 - 15:15	BODYPUMP (Virtual)
17:45 - 18:30	RPM
18:00 - 18:45	BODYPUMP
18:45 - 19:30	Vibe Cycle
18:55 - 19:40	BODYCOMBAT
19:45 - 20:30	The Trip (Virtual)
19:45 - 20:30	BODYBALANCE (Virtual)