

MONDAY

Time	Class	Venue	Studio
09.30-10.30	LBT (1)	LPSC	Aerobics Studio
10.30-11.30	Spin (1)	LPSC	Functional
11.30-12.00	Ab Attack (1)	LPSC	Conditioning
09.30-10.30	Body Combat (1)	CEMIP	Studio
10.30-11.30	Body Vive (1)	CEMIP	Studio
17.45-18.30	Advanced Spin (3)	LPSC	Functional
18.00-19.00	LBT (1)	LPSC	Conditioning
18.00-19.00	Zumba (1)	LPSC	Aerobics Studio
18.15-19.15	Body Balance (1)	LPSC	Mind & Body
18.30-19.15	Spin (1)	LPSC	Functional
19.00-20.00	Body Vive (1)	LPSC	Aerobics Studio
19.15-20.15	Yoga (1)	LPSC	Mind & Body
19.30-20.45	Body Pump (1)	LPSC	Conditioning
20.00-21.00	Body Combat (1)	LPSC	Aerobics Studio
18.00-19.00	Advanced Step (3)	CEMIP	Studio
19.00-20.00	Circuits (1)	CEMIP	Studio

TUESDAY

Time	Class	Venue	Studio
09.30-10.30	Active Agers (1)	LPSC	Aerobics Studio
09.30-10.30	Body Pump (1)	LPSC	Conditioning
07.15-08.15	Pilates (1)	CEMIP	Studio
09.30-10.30	Circuits (1)	CEMIP	Studio
10.30-11.30	Body Combat (1)	CEMIP	Studio
17.45-18.45	Body Pump (1)	LPSC	Conditioning
18.00-19.00	Step n Tone (1)	LPSC	Aerobics Studio
19.00-20.00	LBT (1)	LPSC	Aerobics Studio
19.00-20.30	Yoga (1)	LPSC	Mind & Body
19.00-20.00	Boxing for Fitness (Ladies, 1)	LPSC	Conditioning
19.15-20.00	Spin (1)	LPSC	Functional
20.00-21.00	Boxing for Fitness (Men, 1)	LPSC	Conditioning
18.00-19.00	Body Combat (1)	CEMIP	Studio
19.00-19.45	Deep Water Workout* (1)	CEMIP	Pool
19.00-20.00	Body Jam (1)	CEMIP	Studio
20.00-20.30	Ab Attack (1)	CEMIP	Studio

WEDNESDAY

Time	Class	Venue	Studio
09.30-10.30	Tripple Decker (1)	LPSC	Aerobics Studio
10.30-11.30	Body Combat (1)	LPSC	Aerobics Studio
10.30-11.30	Kettlebells (1)	LPSC	Conditioning
07.15-08.00	Body Pump (1)	CEMIP	Studio
09.30-10.30	Pilates (1)	CEMIP	Studio
10.30-11.30	Zumba (1)	CEMIP	Studio
13.30-14.30	Body Jam (1)	CEMIP	Studio
13.30-14.30	Aqua Natal* (1)	CEMIP	Pool
17.30-18.15	Spin (1)	LPSC	Functional
17.45-18.45	Body Combat (1)	LPSC	Aerobics Studio
18.30-19.30	Circuits (1)	LPSC	Conditioning
18.45-19.45	Body Jam (1)	LPSC	Aerobics Studio
19.30-20.30	LBT (1)	LPSC	Conditioning
19.15-20.15	Body Balance (1)	LPSC	Mind & Body
19.45-20.45	Body Combat (1)	LPSC	Aerobics Studio
17.45-19.00	Body Pump (1)	CEMIP	Studio
19.00-20.00	Body Attack (2)	CEMIP	Studio
19.30-20.15	Deep Water Workout* (1)	CEMIP	Pool
20.30-21.15	Aqua Circuits* (1)	CEMIP	Pool

THURSDAY

Time	Class	Venue	Studio
09.30-10.30	Body Balance (1)	LPSC	Mind & Body
09.30-10.30	Body Jam (1)	CEMIP	Studio
09.45-10.30	Shallow Water* Workout* (1)	CEMIP	Pool
10.30-11.00	Ab Attack (1)	CEMIP	Studio
14.30-16.00	Yoga (1)	CEMIP	Studio
18.00-19.00	Step (3)	LPSC	Aerobics Studio
18.00-19.00	Body Balance (1)	LPSC	Mind & Body
18.00-19.00	Kettlebells (1)	LPSC	Conditioning
18.00-18.45	Advanced Spin (3)	LPSC	Functional
19.00-20.00	Body Combat (1)	LPSC	Aerobics Studio
19.00-20.30	Yoga (1)	LPSC	Mind & Body
19.00-20.00	Body Jam (1)	LPSC	Conditioning
19.00-20.00	Advanced Boxing for Fitness (1)	LPSC	Community Room
17.30-18.30	Circuits (1)	CEMIP	Studio
18.30-19.30	Body Attack (2)	CEMIP	Studio
19.30-20.45	Body Pump (1)	CEMIP	Studio

FRIDAY

Time	Class	Venue	Studio
09.30-10.30	Step (3)	LPSC	Aerobics Studio
09.30-10.30	Body Pump (1)	LPSC	Conditioning
10.45-11.15	Ab Attack (1)	LPSC	Conditioning
07.30-08.15	Total Tone (1)	CEMIP	Studio
09.30-10.30	Body Vive (1)	CEMIP	Studio
10.30-11.30	Body Jam (1)	CEMIP	Studio
17.00-18.00	Kettlebells (3)	LPSC	Conditioning
18.00-19.00	Body Vive (1)	LPSC	Aerobics Studio
19.00-20.00	Zumba (1)	LPSC	Aerobics Studio
18.00-19.00	Body Combat (1)	CEMIP	Studio
19.00-20.30	Daisy Birthing* (1)	CEMIP	Studio

SATURDAY

Time	Class	Venue	Studio
09.30-10.30	LBT (1)	LPSC	Aerobics Studio
09.30-10.30	Body Jam (1)	LPSC	Conditioning
10.30-11.30	Spin (1)	LPSC	Functional
10.30-11.30	Body Pump (1)	LPSC	Conditioning
09.15-10.15	Circuits (1)	CEMIP	Studio
10.30-11.30	Body Combat (1)	CEMIP	Studio

SUNDAY

Time	Class	Venue	Studio
09.45-10.45	Body Combat (1)	LPSC	Aerobics Studio
10.00-11.00	Boxing for Fitness (Ladies, 1)	CEMIP	Studio
11.00-12.00	Boxing for Fitness (Men, 1)	CEMIP	Studio

Group Exercise Timetable

KEY: DANCE CLASS TONE/CONDITIONING CARDIO AQUA CLASS
 SURPLUS TO MEMBERSHIP MIND AND BODY

LEVEL: (1) MULTI LEVEL CLASS (2) INTERMEDIATE (3) ADVANCED, MUST HAVE ATTENDED A LOWER LEVEL CLASS

*surcharge for class

For Class Descriptions please look at studio notice boards or visit www.corby.gov.uk/leisureandculture

Corby East Midlands International Pool

Parkland Gateway, George Street, Corby, NN17 1QG

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www.corby.gov.uk/corbypool

Text phone users dial prefix 18001

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