









# Fitness & Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes 06.00 - 08.55	7.45am - 8.40am Water Workout £7.60 LP		7.45am - 8.40am Water Workout £7.60 DP	7.45am - 8.40am Water Workout £7.60 LP	7.45am - 8.40am Water Workout £7.60 LP	8.00am - 8.55am Boot Camp £5.00 PHZ	
						8.00am - 8.55am Yoga £9.80 S	
						8.30am - 9.25am Group Cycle £8.30 CC	
Classes 09.00 - 11.55	9.30am - 10.25am Body Pump £7.60 AS	9.30am - 10.15am Pilates For All £8.80 S	9.30am - 10.15am Group Cycle £7.90 CC	9.10am - 9.55am Body Pump £7.60 AS	9.30am - 10.15am Move - Pilates/Yoga £8.80 S	9.00am - 10.00am Body Pump £7.95 AS	9.00am - 9.55am Yoga £9.80 S
	9.30am - 10.15am Group Cycle £7.90 CC	9.30am - 10.25am Total Body Workout £7.60 AS	9.30am - 10.15am Body Balance £7.60 S	9.30am - 10.15am Group Cycle £7.90 CC	9.30am - 10.25am Total Body Workout £7.60 AS	9.45am - 10.15am Group Cycle £4.80 CC	9.45am - 10.40am Body Pump £7.60 AS
	9.30am - 10.15am Pilates £8.80 S	9.45am - 10.30am PowerHouse £7.60 PHZ	9.45am - 10.30am PowerHouse £7.60 PHZ	10.30am - 11.15am Pilates - Classical £8.80 S	9.45am - 10.30am PowerHouse £7.60 PHZ	10.15am - 11.10am Zumba® £7.95 AS	10.00am - 10.45am Group Cycle £8.15 CC
	10.30am - 11.15am Group Cycle £7.90 CC	10.30am - 11.15am Yoga Fitness £8.80 S	10.30am - 11.15am Power Pilates £8.80 S	10.30am - 11.15am Group Cycle £7.90 CC	10.30am - 11.15am Yoga Flow £8.80 S	10.30am - 11.15am Group Cycle £8.15 CC	10.00am - 10.45am Barre Concept £8.80 S
	10.30am - 11.15am Yoga - Vinyasa Flow £8.80 S	10.45am - 11.40am Zumba® £7.60 AS	10.30am - 11.25am Back to Fitness £7.60 AS	11.15am - 12.15am Zumba® £7.60 AS	11.30am - 12.00am Yoga - Meditation £7.60 S		10.00am - 11.00am PowerHouse £7.95 PHZ
	10.30am - 11.20am Back to Basics £7.60 AS	11.30am - 12.15am Qigong £8.80 S NEW	10.45am - 11.30am PowerHouse Core £7.60 PHZ				10.45am - 11.40am Body Balance £7.95 AS
	11.30am - 12.25am FitSteps £7.60 AS		11.30am - 12.15pm Yoga - Hatha £8.80 S				11.00am - 11.45am Pilates Fitness £8.80 S
	11.30am - 12.00pm Yoga - Meditation £7.60 S						
Classes Lunchtime	12.15pm - 1.00pm Yoga/Pilates Fusion £8.80 S	12.30pm - 1.15pm Menopause Strength £7.60 AS	12.30pm - 1.15pm Yoga - Hatha Flow £8.80 S	12.00pm - 12.55pm Ladies Who Lift £7.60 G	12.30pm - 1.15pm Group Cycle £7.90 CC	<b>Key</b>  = Aqua  = Yoga, Pilates & Wellness  = Course only  = Indoor Cycling  = Cardio/ Strength Classes  = Dance Classes  = Strength & Toning  = U18's Strength Classes  <b>AS</b> = Action Suite <b>PHZ</b> = PowerHouse Zone <b>CC</b> = Cycling Centre <b>DP</b> = Diving Pool <b>LP</b> = Leisure Pool <b>G</b> = Gym <b>S</b> = Studio	
	12.30pm - 1.15pm PowerHouse £7.60 PHZ	12.30pm - 1.15pm Stretch & Mobility £7.60 S	12.30pm - 1.15pm Group Cycle £7.90 CC	12.30pm - 1.15pm Stretch & Mobility £7.60 S	12.30pm - 1.15pm Menopause Release £8.80 S		
	1.15pm - 2.00pm Barre Pilates £8.80 S	1.30pm - 2.15pm Menopause Release £8.80 S	12.30pm - 1.15pm PowerHouse £7.60 PHZ	1.30pm - 2.15pm Pilates £8.80 S	12.30pm - 1.15pm PowerHouse £7.60 PHZ		
Classes 4.00pm - 9.00pm			1.30pm - 2.00pm Yoga - Meditation £7.60 S	2.00pm - 2.45pm Menopause Strength £7.60 AS	1.30pm - 2.15pm Pilates Foundation £8.80 S		
	4.00pm - 5.00pm U18's Lifting £7.60 PHZ/G	4.00pm - 5.00pm U18's Circuits £7.60 PHZ/G	4.00pm - 5.00pm U18's Lifting £7.60 PHZ/G	4.00pm - 5.00pm U18's Strength £7.60 PHZ/G	4.00pm - 5.00pm U18's Lifting £7.60 PHZ/G		
	6.00pm - 6.45pm Group Cycle £8.15 CC	5.45pm - 6.25pm Ladies Who Lift £7.95 G	5.45pm - 6.15pm Group Cycle £4.80 CC	5.30pm - 6.15pm Group Cycle £8.15 CC	5.45pm - 6.15pm Group Cycle £4.80 CC		
	6.00pm - 6.55pm Yoga £9.80 S	6.00pm - 6.45pm Group Cycle £8.15 CC	6.00pm - 6.45pm Circuits/HiIT £7.95 AS	6.15pm - 7.00pm Body Pump £7.95 AS	5.45pm - 6.30pm Body Pump £7.95 AS		
	6.00pm - 7.00pm HiIT/Core £7.95 AS	6.00pm - 6.55pm Power Pilates £9.80 S	6.00pm - 6.55pm Yoga £9.70 S	6.30pm - 7.25pm Pilates Flow £9.80 S	6.00pm - 6.55pm Body Balance £7.95 S		
	7.10pm - 8.05pm Body Pump £7.95 AS	6.15pm - 7.00pm Body Combat £7.95 AS	6.30pm - 7.25pm Group Cycle £8.30 CC	6.30pm - 7.25pm Group Cycle £8.30 CC	6.30pm - 7.15pm Group Cycle £8.15 CC		
		6.30pm - 7.15pm Aqua Aerobics £7.60 LP NEW	7.00pm - 7.55pm Body Pump £7.95 AS	7.05pm - 8.00pm Body Combat £7.95 AS			
		7.00pm - 7.55pm Group Cycle £8.30 CC					
		7.00pm - 7.55pm Zumba® £7.95 AS					

Classes may be subject to change

To book or for more information visit our website [www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk) or call 01483 443322