

Fitness & Group Exercise

Commencing Wednesday 2nd January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes AM	6.30am-7.30am Early Bird Pilates £7.50 S	6.35am-7.20am Group Cycle £6.30 CS	8am-9am Deep Water Workout £6.30 DP ♻️	6.30am-7.30am S Early Bird Body Balance™ £6.50	8am-9am Core Water Workout £6.30 LP ♻️	8.30am-9.25am Group Cycle £6.50 CS	9.30am-10.25am Legs, Bums & Tums £6.40 AS
	6.45am-7.30am Early Bird Body Pump £6.10 AS	9.30am-10.30am Kettleercise £6.20 CR	8.30am-9.30am Functional Circuits* £6.20 G ♻️	6.35am-7.20am Group Cycle £6.30 CS	9.45am-10.40am Legs, Bums & Tums £6.20 AS	9.25am-10.20am ZUMBA!® £6.50 AS	9.30am-10.25am Yoga Flow £8.50 S
	8am-9am Core Water Workout £6.30 CP ♻️	9.45am-10.40am Legs, Bums & Tums £6.20 AS	9.30am-10.15am FitSteps £6.20 AS ♻️	9.25am-10.25am Pilates General £7.50 S ♻️	10am-10.45am Buggy Fitness £6.20 OS	9.30am-10.30am Group Cycle £6.50 CS	10am-11am Group Cycle £6.50 CS
	9.40am-10.35am Body Pump™ £6.50 AS ♻️	10.45am-11.40am ZUMBA!® £6.20 AS ♻️	9.45am-10.30am Group Cycle £6.30 CS	9.45am-10.30am Group Cycle £6.30 CS	10.45am-11.45am Body Pump™ £6.50 AS ♻️	10.30am-11.25am Body Pump™ £6.70 AS	10.30am-11.30am Body Pump™ £6.70 AS
	9.45am-10.30am Group Cycle £6.30 CS	10.45am-11.45am Body Balance™ £6.50 CR ♻️	9.45am-10.45am Body Balance™ £6.50 S ♻️	9.45am-10.40am Body Step™ £6.50 AS	10.50am-11.50am Body Balance™ £6.50 S ♻️	11.30am-12pm Express Core £3.80 AS	11.30am-12pm Yoga Slow £8.50 S
	10.45am-11.15am Express Core £3.80 AS	11am-12pm Yoga £7.50 S ♻️	10.15am-11.15am Back to Basics £6.30 AS ♻️	10.30am-11.30am Yoga Flow £7.50 S			11.45am-12.45pm Barre Concept® £7.50 S
	10.45am-11.45am Beginners Yoga £7.50 S ♻️		11am-12pm Pilates General £8.50 S ♻️	10.45am-11.30am Dyna Band Cycle (Advanced) £6.30 CS			
	11.30am-12.30pm FitSteps £6.20 AS ♻️		11.30am-12.15pm Animal Flow £3.80 AS	10.45am-11.40am ZUMBA!® £6.20 AS ♻️			
				11.30am-12.25pm Power Pilates £7.50 S			
Classes PM	12pm-1pm Yoga £7.50 S	12.15pm-1.15pm Yoga £7.50 Term time only S ♻️	12.15pm-1.15pm Barre Pilates £7.50 S ♻️ Term time only	12.30pm-1.15pm Group Cycle £6.30 CS ♻️	12pm-1pm Pilates £7.50 S TT		6pm-7pm Group Cycle £6.50 CS
	12.30pm-1.15pm Group Cycle £6.30 CS ♻️	12.30pm-1.15pm Group Cycle £6.30 CS ♻️	12.30pm-1.15pm Group Cycle £6.30 CS ♻️	12.30pm-1.30pm Pure Stretch £6.20 S ♻️ Term time only	12.30pm-1.15pm Group Cycle £6.30 CS ♻️		
	6pm-6.45pm Group Cycle £6.50 CS	6pm-6.45pm Group Cycle £6.50 CS	6pm-6.30pm HIIT Bootcamp £3.80 AS	6pm-6.45pm Group Cycle £6.50 CS	6pm-6.45pm Body Pump Express™ £6.10 AS		
	6pm-6.55pm Yoga £8.50 S	6pm-6.45pm MetaBurn £6.20 CR	6pm-6.45pm Group Cycle £6.50 CS	6pm-7pm Barre Fitness £7.50 S	6pm-7pm Body Balance™ £6.70 S		
	6pm-6.55pm Pilates £8.50 CR	6pm-6.55pm Legs, Bums & Tums £6.40 AS	6pm-7pm Yoga £8.50 S	6pm-6.45pm Clubbercise £6.40 AS	6pm-6.45pm Group Cycle £6.50 CS		
	6pm-6.55pm Body Step™ £6.70 AS	6pm-7pm Pilates Fitness £8.50 S	6.45pm-7.45pm Body Pump™ £6.70 AS	6.45pm-7.45pm Hydro Fit £6.55 LP			
	7pm-8pm Kettleercise £6.20 CR	7pm-8pm Aqua HIIT £6.55 LP	7pm-8pm Group Cycle £6.50 CS	6.50pm-7.45pm Body Combat™ £6.70 AS			
	7pm-7.45pm Group Cycle £6.50 CS	7pm-7.55pm Body Combat™ £6.70 AS	8pm-9pm Street Dance £6.70 S	7pm-8pm Group Cycle £6.50 CS			
	7pm-8pm Body Pump™ £6.70 AS	7pm-8pm Group Cycle £6.50 CS		7pm-8pm Advanced Burlesque £7.80 CR			
	8.05pm-8.35pm Express Core £3.80 AS	7pm-8pm Circuits £6.40 A		7.50pm-8.45pm Body Pump™ £6.70 AS			
	8pm-9pm ZUMBA!® £6.50 AS						
Adult Courses	9.30am-10.30am † Pilates Beginners + Course S	9.30am-10.30am † Pilates Beginners+ Course S	6pm-7pm † Belly Dance Beginners Course CR	7pm-8pm Pilates Beginners Course S †	9.30am-10.45am † Yoga Improvers Course S		
	7pm-8pm † Pilates Improvers Course S		7pm-8pm † Belly Dance Improvers Course CR	8pm-9pm Yoga Basics Course S †			
			7pm-8pm † Ballet Fit Course S				
Teen Courses & Sessions	5pm-5.55pm † Teen Street Dance 12 yrs S		4.15pm-4.45pm † Teen Group Cycle 12 yrs + CS	4pm-4.55pm † Teen Yoga 12yrs + S		11.40am-12.25pm Disco FIT 10yrs + S	
				5pm-5.55pm † Family Yoga 8yrs + S			
				6pm-6.55pm † Family Yoga 14yrs + CR			

Key

 = Aqua Classes	A = Arena
 = Mind & Body Classes	AS = Action Suite
 = Course only	AT = Athletics Track
 = Indoor Cycling	CP = Competition Pool
 = Cardio Classes	CR = Clubroom
 = Gym Circuits	CS = Cycling Studio
 = Dance Classes	DP = Diving Pool
 = Toning Classes	G = Gym
	LP = Leisure Pool
	OS = Outside
	S = Studio

† Courses are NOT included with memberships
 Ⓢ Special rate for Primetime members available, please enquire at reception
 Timetable is correct at time of printing. Classes may be subject to change.

Visit our website www.guildfordspectrum.co.uk
 or call 01483 443322 for up to date information

Book courses via
Customer Services or call
01483 443322 (option 3)