

# Fitness & Group Exercise

|                            | Monday                                                  | Tuesday                                                            | Wednesday                                                          | Thursday                                                              | Friday                                                      | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Sunday                                                  |
|----------------------------|---------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| Classes<br>06.00 - 08.55   | <b>7.45 - 8.40</b><br>Water Workout £8.75 <b>P</b>      |                                                                    | <b>7.45 - 8.40</b><br>WaterWorkout £8.75 <b>P</b>                  | <b>7.45 - 8.40</b><br>Water Workout £8.75 <b>P</b>                    | <b>7.45 - 8.40</b><br>Water Workout £8.75 <b>P</b>          | <b>8.00 - 8.45</b> <b>NEW</b><br>HYROX £8.75 <b>G/PHZ</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                         |
|                            |                                                         |                                                                    |                                                                    |                                                                       |                                                             | <b>8.00 - 8.55</b><br>Yoga £11.40 <b>S</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                         |
|                            |                                                         |                                                                    |                                                                    |                                                                       |                                                             | <b>8.45 - 9.30</b><br>Ride for Fitness £8.60 <b>C</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                         |
| Classes<br>09.00 - 11.55   | <b>9.30 - 10.35</b><br>Body Pump £9.45 <b>AS</b>        | <b>9.30 - 10.25</b><br>Total Body Workout £8.75 <b>AS</b>          | <b>9.30 - 10.15</b><br>Ride Rhythm £8.60 <b>C</b>                  | <b>9.10 - 9.55</b><br>Body Pump £9.10 <b>AS</b>                       | <b>9.30 - 10.15</b><br>Yoga/ Pilates £11.40 <b>S</b>        | <b>9.00 - 9.55</b><br>Body Pump £9.45 <b>AS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>9.00 - 9.55</b><br>Yoga Like Sunday £11.40 <b>S</b>  |
|                            | <b>9.30 - 10.15</b><br>Ride Rhythm £8.60 <b>C</b>       | <b>9.30 - 10.15</b><br>Pilates For All £11.40 <b>S</b>             | <b>9.30 - 10.15</b><br>Body Balance £11.40 <b>S</b>                | <b>9.30 - 10.15</b><br>Ride Colour £8.60 <b>C</b>                     | <b>9.30 - 10.25</b><br>Total Body Workout £8.75 <b>AS</b>   | <b>9.45 - 10.30</b><br>Ride Colour £8.60 <b>C</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>9.45 - 10.30</b><br>Body Pump £9.45 <b>AS</b>        |
|                            | <b>9.30 - 10.15</b><br>Pilates Classic £11.40 <b>S</b>  | <b>09.45 - 10.30</b><br>Body Blast £8.75 <b>PHZ</b>                | <b>09.45 - 10.30</b><br>PowerHouse £8.75 <b>PHZ</b>                | <b>10.30 - 11.15</b><br>Pilates Classic £11.40 <b>S</b>               | <b>9.45 - 10.30</b><br>PowerHouse £8.75 <b>PHZ</b>          | <b>10.15 - 11.10</b><br>Zumba £8.75 <b>AS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>10.00 - 10.45</b><br>Barre £11.40 <b>S</b>           |
|                            | <b>10.30 - 11.15</b><br>Ride Colour £8.60 <b>C</b>      | <b>10.30 - 11.15</b><br>Yoga Fitness £11.40 <b>S</b>               | <b>10.30 - 11.15</b> <b>NEW</b><br>Pilates Classic £11.40 <b>S</b> | <b>10.30 - 11.15</b><br>Ride Rhythm £8.60 <b>C</b>                    | <b>10.30 - 11.15</b><br>Yoga - Vinyasa Flow £11.40 <b>S</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>10.00 - 10.45</b><br>Ride Rhythm £8.60 <b>C</b>      |
|                            | <b>10.30 - 11.15</b><br>Yoga Vinyasa £11.40 <b>S</b>    | <b>10.45 - 11.40</b><br>Zumba £8.75 <b>AS</b>                      | <b>10.30 - 11.25</b><br>Back to Fitness £8.75 <b>AS</b>            | <b>11.30 - 12.15</b><br>Zumba £8.75 <b>S</b>                          | <b>11.30 - 12.00</b><br>Yoga & Meditation £5.70 <b>S</b>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>10.00 - 10.45</b><br>PowerHouse £8.75 <b>PHZ</b>     |
|                            | <b>10.35 - 11.20</b><br>Back to Basics £8.75 <b>AS</b>  | <b>11.30 - 12.15</b><br>Les Mills Shapes £9.10 <b>S</b>            | <b>10.45 - 11.30</b><br>Core & More £8.75 <b>PHZ</b>               | <b>11.30 - 12.15</b> <b>NEW</b><br>Fit for Life £8.75 <b>AS</b>       | <b>11.30 - 12.15</b><br>Meno Strength £8.75 <b>AS</b>       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>10.45 - 11.40</b><br>Body Balance £11.40 <b>AS</b>   |
|                            | <b>11.30 - 12.25</b><br>Fit Steps £8.75 <b>AS</b>       |                                                                    | <b>11.30 - 12.15</b><br>Yoga Hatha £11.40 <b>S</b>                 | <b>12.00 - 12.55</b><br>Women Who Lift £8.75 <b>G</b>                 |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>11.00 - 11.45</b><br>Pilates Fitness £11.40 <b>S</b> |
|                            | <b>11.30 - 12.00</b><br>Restorative Yoga £5.70 <b>S</b> |                                                                    | <b>11.35 - 12.20</b><br>Dance Fit £8.75 <b>AS</b>                  |                                                                       |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
| Classes<br>Lunchtime       | <b>12.15 - 13.00</b><br>Yoga/Pilates £11.40 <b>S</b>    | <b>12.30 - 13.15</b> <b>NEW</b><br>HYROX £8.75 <b>PH/G</b>         | <b>12.30 - 13.15</b><br>Yoga Hatha Flow £11.40 <b>S</b>            | <b>12.30 - 13.15</b> <b>NEW</b><br>Feel Good Strength £8.75 <b>AS</b> | <b>12.30 - 13.15</b><br>Ride Rhythm £8.60 <b>C</b>          | <b>Key</b><br> = Aqua<br> = Yoga, Pilates & Wellness<br> = Course only<br> = Indoor Cycling<br> = Cardio/ Strength Classes<br> = Dance Classes<br> = Strength & Toning<br> = U18's Strength Classes<br><b>AS</b> = Action Suite<br><b>PHZ</b> = PowerHouse Zone<br><b>C</b> = Cycling Centre<br><b>DP</b> = Diving Pool<br><b>LP</b> = Leisure Pool<br><b>G</b> = Gym<br><b>S</b> = Studio |                                                         |
|                            | <b>12.30 - 13.15</b><br>PowerHouse £8.75 <b>PHZ</b>     | <b>12.35 - 13.20</b><br>Meno Strength £8.75 <b>AS</b>              | <b>12.30 - 13.15</b><br>Ride Colour £8.60 <b>C</b>                 | <b>12.30 - 13.15</b><br>Stretch & Mobility £8.75 <b>S</b>             | <b>12.30 - 13.15</b><br>Menopause Release £9.10 <b>S</b>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            | <b>13.15 - 14.00</b><br>Barre £11.40 <b>S</b>           | <b>12.30 - 13.15</b><br>Stretch & Mobility £8.75 <b>S</b>          | <b>13.30 - 14.00</b><br>Yoga Restorative £5.70 <b>S</b>            | <b>13.30 - 14.15</b> <b>NEW</b><br>KettleflowYOGA £8.75 <b>AS</b>     | <b>12.30 - 13.15</b> <b>NEW</b><br>HYROX £8.75 <b>PHZ</b>   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            |                                                         | <b>13.30 - 14.15</b><br>Menopause Release £9.10 <b>S</b>           |                                                                    | <b>13.30 - 14.15</b> <b>NEW</b><br>Pilates £11.40 <b>S</b>            | <b>13.30 - 14.15</b><br>Pilates Foundation £11.40 <b>S</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
| Classes<br>4.00pm - 9.00pm | <b>18.00 - 18.45</b><br>Zumba £8.75 <b>AS</b>           | <b>17.00 - 17.45</b> <b>NEW</b><br>Pilates Classic £11.40 <b>G</b> | <b>16.00 - 17.00</b><br>PowerHouse U18 <b>G</b>                    | <b>16.00 - 17.00</b><br>PowerHouse U18 <b>PHZ</b>                     | <b>16.00 - 17.00</b><br>PowerHouse U18 <b>PHZ</b>           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            | <b>18.00 - 18.45</b><br>Ride Colour £8.60 <b>C</b>      | <b>17.45 - 18.25</b><br>Women Who Lift £8.75 <b>G</b>              | <b>17.45 - 18.15</b><br>Ride HIIT £5.40 <b>C</b>                   | <b>17.30 - 18.15</b><br>Ride Rhythm £8.60 <b>C</b>                    | <b>17.45 - 18.15</b><br>Ride Podium £5.40 <b>C</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            | <b>18.00 - 18.55</b><br>Yoga £11.40 <b>S</b>            | <b>18.00 - 18.45</b><br>Ride Rhythm £8.60 <b>C</b>                 | <b>18.00 - 18.45</b><br>Les Mills Strength £9.10 <b>AS</b>         | <b>18.15 - 19.00</b><br>Body Pump £9.10 <b>AS</b>                     | <b>17.45 - 18.30</b><br>Les Mills Strength £9.10 <b>AS</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            | <b>18.00 - 18.55</b><br>Hiit & Core £8.75 <b>G</b>      | <b>18.15 - 19.00</b><br>LM Pilates £11.40 <b>S</b>                 | <b>18.00 - 18.55</b><br>Yoga Ashtanga £11.40 <b>S</b>              | <b>18.00 - 18.55</b><br>Pilates Flow £11.40 <b>S</b>                  | <b>18.00 - 18.55</b><br>Body Balance £11.40 <b>S</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            | <b>19.00 - 19.55</b><br>Body Pump £9.45 <b>AS</b>       | <b>18.15 - 19.00</b><br>Body Combat £9.10 <b>AS</b>                | <b>18.00 - 18.45</b> <b>NEW</b><br>HYROX £8.75 <b>G/PHZ</b>        | <b>18.00 - 18.30</b><br>Kettleburn 30 £5.40 <b>G/PHZ</b>              | <b>18.30 - 19.15</b><br>Ride Colour £8.60 <b>C</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            |                                                         | <b>18.30 - 19.15</b> <b>NEW</b><br>Range of Motion £8.75 <b>G</b>  | <b>18.30 - 19.25</b><br>Ride for Fitness £8.75 <b>C</b>            | <b>18.30 - 19.25</b><br>Ride Enduro £8.75 <b>C</b>                    |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            |                                                         | <b>19.00 - 19.55</b><br>Ride Colour £8.75 <b>C</b>                 | <b>19.00 - 19.55</b><br>Body Pump £9.45 <b>AS</b>                  | <b>19.00 - 19.45</b><br>Yoga for Men £9.10 <b>S</b>                   |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            |                                                         | <b>19.05 - 19.50</b><br>Zumba £8.75 <b>S</b>                       | <b>19.15 - 20.00</b><br>Les Mills Shapes £9.10 <b>S</b>            | <b>19.05 - 20.00</b><br>Body Combat £9.45 <b>AS</b>                   |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |
|                            |                                                         | <b>19.15 - 20.00</b><br>LBT £8.75 <b>AS</b>                        |                                                                    |                                                                       |                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                         |

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