









Fitness & Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes 06.00 - 08.55	7.45am - 8.40am Water Workout £8.75 LP		7.45am - 8.40am Water Workout £8.75 LP	7.45am - 8.40am Water Workout £8.75 LP	7.45am - 8.40am Water Workout £8.75 LP	8.00am - 8.55am Rox Fitness £8.75 PHZ	
						8.00am - 8.55am Energising Yoga £10.20 S	
						8.45am - 9.30am Group Cycle £8.60 CC	
Classes 09.00 - 11.55	9.30am - 10.25am Body Pump £8.75 AS	9.30am - 10.15am Pilates For All £10.20 S	9.30am - 10.15am Group Cycle £8.10 CC	9.10am - 9.55am Body Pump £8.60 AS	9.30am - 10.15am Pilates/Yoga Fusion £10.20 S	9.00am - 9.55am Body Pump £8.75 AS	9.00am - 9.55am Yoga £10.20 S
	9.30am - 10.15am Group Cycle £8.10 CC	9.30am - 10.25am Total Body Workout £8.75 AS	9.30am - 10.15am Body Balance £10.20 S	9.30am - 10.15am Group Cycle £8.60 CC	9.30am - 10.25am Total Body Workout £8.75 AS	9.45am - 10.15am Group Cycle HiIT £5.20 CC	9.45am - 10.30am Body Pump £8.75 AS
	9.30am - 10.15am Pilates Classic £10.20 S	9.45am - 10.30am Body Blast £8.60 PHZ	9.45am - 10.30am PowerHouse £8.60 PHZ	10.30am - 11.15am Pilates Classic £10.20 S	9.45am - 10.30am PowerHouse £8.60 PHZ	10.15am - 11.10am Zumba® £8.60 AS	10.00am - 10.45am Group Cycle £8.60 CC
	10.30am - 11.15am Group Cycle £8.60 CC	10.30am - 11.15am Yoga Fitness £10.20 S	10.30am - 11.25am Back to Fitness £8.75 AS	10.30am - 11.15am Group Cycle £8.60 CC	10.30am - 11.15am Yoga Vinyasa Flow £10.20 S	10.30am - 11.15am Group Cycle £8.60 CC	10.00am - 10.45am Barre Concept £10.20 S
	10.30am - 11.15am Yoga - Vinyasa Flow £10.20 S	10.45am - 11.40am Zumba® £8.60 AS	10.45am - 11.30am Core & More £8.60 PHZ	11.30am - 12.15am Zumba® £8.60 S	11.30am - 12.00am Yoga - Meditation £5.10 S		10.00am - 11.00am PowerHouse £8.75 PHZ
	10.30am - 11.20am Back to Basics £8.60 AS	11.30am - 12.15am Les Mills Shapes £8.60 S	11.30am - 12.15pm Yoga - Hatha £10.20 S	11.30am - 12.15am NEW Fit For Life Circuits £8.60 AS	11.30pm - 12.15pm Menopause Strength £8.75 AS		10.45am - 11.40am Body Balance £10.20 AS
	11.30am - 12.25am FitSteps £8.75 AS		11.45am - 12.30pm NEW Dance Fit £8.60 AS				11.00am - 11.45am Pilates Fitness £10.20 S
	11.30am - 12.00pm Yoga - Meditation £5.10 S			12.00pm - 12.55pm Ladies Who Lift £8.75 G			
Classes Lunchtime	12.15pm - 1.00pm Yoga/Pilates Fusion £10.20 S	12.35pm - 1.20pm Menopause Strength £8.75 AS	12.30pm - 1.15pm Yoga - Hatha Flow £10.20 S	12.30pm - 1.15pm Stretch & Mobility £8.60 S	12.30pm - 1.15pm Group Cycle £8.60 CC	Key  = Aqua  = Yoga, Pilates & Wellness  = Course only  = Indoor Cycling  = Cardio/ Strength Classes  = Dance Classes  = Strength & Toning  = U18's Strength Classes AS = Action Suite PHZ = PowerHouse Zone CC = Cycling Centre DP = Diving Pool LP = Leisure Pool G = Gym S = Studio	
	12.30pm - 1.15pm PowerHouse £8.60 PHZ	12.30pm - 1.15pm Stretch & Mobility £8.60 S	12.30pm - 1.15pm Group Cycle £8.60 CC	12.30pm - 13.15pm Les Mills Shapes £8.60 AS	12.30pm - 1.15pm Menopause Release £8.75 S		
	1.15pm - 2.00pm Barre Pilates £10.20 S	1.30pm - 2.15pm Menopause Release £8.75 S	12.45pm - 1.30pm NEW Freestyle Step £8.60 AS	1.30pm - 2.15pm Pilates For All £10.20 S	1.30pm - 2.15pm Pilates Foundation £10.20 S		
			1.30pm - 2.00pm Yoga - Meditation £5.10 S	1.30pm - 2.15pm NEW Kettleburn £8.75 AS			
Classes 4.00pm - 9.00pm	4.00pm - 5.00pm U18's Lifting £7.75 PHZ/G	4.00pm - 5.00pm U18's Circuits £7.75 PHZ/G	4.00pm - 5.00pm U18's Lifting £7.75 PHZ/G	4.00pm - 5.00pm U18's Strength £7.75 PHZ/G	4.00pm - 5.00pm U18's Lifting £7.75 PHZ/G	AS = Action Suite PHZ = PowerHouse Zone CC = Cycling Centre DP = Diving Pool LP = Leisure Pool G = Gym S = Studio <div>Classes may be subject to change</div>	
	5.30pm - 6.15pm Zumba® £8.60 S	5.45pm - 6.25pm Ladies Who Lift £8.75 G	5.45pm - 6.15pm Group Cycle HiIT £5.20 CC	5.30pm - 6.15pm Group Cycle £8.60 CC	5.45pm - 6.15pm Group Cycle HiIT £5.20 CC		
	6.00pm - 6.45pm Group Cycle £8.60 CC	6.00pm - 6.45pm Group Cycle £8.60 CC	6.00pm - 6.45pm Les Mills Strength £8.60 AS	6.00pm - 6.55pm Pilates Flow £10.20 S	5.45pm - 6.30pm Les Mills Strength £8.60 AS		
	6.00pm - 6.55pm Yoga £10.20 S	6.00pm - 6.55pm Yoga/Pilates Fusion £10.20 S	6.00pm - 6.55pm Yoga £10.20 S	6.00pm - 6.30pm NEW Kettleburn £5.20 G	6.00pm - 6.55pm Body Balance £10.20 S		
	6.00pm - 6.55pm HiIT/Core £8.75 G/PHZ	6.15pm - 7.00pm Body Combat £8.10 AS	6.00pm - 6.30pm NEW Bodyweight Boss £5.20 G	6.15pm - 7.00pm Body Pump £8.75 AS	6.30pm - 7.15pm Group Cycle £8.60 CC		
	7.05pm - 8.00pm Body Pump £8.75 AS	6.30pm - 7.15pm Aqua Aerobics £8.60 LP	6.30pm - 7.25pm Group Cycle £8.75 CC	6.30pm - 7.25pm Group Cycle £8.75 CC			
		7.00pm - 7.55pm Group Cycle £8.75 CC	7.00pm - 7.55pm Body Pump £8.75 AS	7.00pm - 7.45pm Yoga for Men £9.00 S			
		7.05pm - 7.55pm Zumba® £8.10 AS	7.15pm - 8.00pm Les Mills Shapes £8.60 S	7.05pm - 8.00pm Body Combat £8.75 AS			
		7.15pm - 8.00pm Legs Bums & Tums £8.75 S					

To book or for more information visit our website www.guildfordspectrum.co.uk or call 01483 443322