

# 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	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 - 10.25am Group Cycle £8.10 CC	9.45am - 10.15am Total Body Workout £8.75 AS	9.45am - 10.30am Group Cycle HiIT £5.20 CC	10.15am - 11.10am Zumba® £8.60 AS	10.00am - 10.45am Group Cycle £8.60 CC	10.00am - 10.45am Barre Concept £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	10.30am - 11.15am Pilates Classic £10.20 S	9.45am - 10.30am PowerHouse £8.60 PHZ	10.30am - 11.15am Pilates Classic £10.20 S	10.30am - 10.25am Total Body Workout £8.75 AS	10.30am - 11.15am Yoga Vinyasa Flow £10.20 S	10.30am - 11.15am Group Cycle £8.60 CC	10.30am - 11.15am Yoga Vinyasa Flow £10.20 S	10.00am - 10.45am Group Cycle £8.60 CC	10.00am - 11.00am PowerHouse £8.75 PHZ	
	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 - 11.25am Back to Fitness £8.75 AS	10.30am - 11.15am Group Cycle £8.60 CC	11.30am - 12.15am Zumba® £8.60 S	11.30am - 12.00am Yoga - Meditation £5.10 S	11.30am - 12.15am 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	
	10.30am - 11.15am Group Cycle £8.60 CC	10.30am - 11.15am Yoga Fitness £10.20 S	10.45am - 11.25am Yoga Fitness £10.20 S	10.45am - 11.30am Core & More £8.60 PHZ	11.30am - 12.15pm Les Mills Shapes £8.60 S	11.30am - 12.15pm Yoga - Hatha £10.20 S	11.30am - 12.15pm Fit For Life Circuits £8.60 AS	11.30pm - 12.15pm Les Mills Shapes £8.60 AS	11.30pm - 12.15pm Menopause Strength £8.75 AS				11.00am - 11.45am Pilates Fitness £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 - 11.25am Back to Fitness £8.75 AS	11.30am - 12.15pm Group Cycle £8.60 CC	11.30am - 12.15am Zumba® £8.60 S	11.30am - 12.00am Yoga - Meditation £5.10 S	11.30pm - 12.15am Fit For Life Circuits £8.60 AS	11.30pm - 12.15pm Menopause Strength £8.75 AS				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 Fit For Life Circuits £8.60 AS									10.45am - 11.40am Body Balance £10.20 AS	
	11.30am - 12.25am FitSteps £8.75 AS			11.45am - 12.30pm 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	12.30pm - 1.15pm Group Cycle £8.60 CC	12.30pm - 1.15pm Menopause Release £8.75 S	12.30pm - 1.15pm Les Mills Shapes £8.60 AS	12.30pm - 1.15pm Menopause Release £8.75 S	12.30pm - 2.15pm Pilates For All £10.20 S	12.30pm - 2.15pm Pilates Foundation £10.20 S	Key		
	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 - 1.15pm Les Mills Shapes £8.60 AS								= Aqua	= Yoga, Pilates & Wellness	
	1.15pm - 2.00pm Barre Pilates £10.20 S	1.30pm - 2.15pm Menopause Release £8.75 S	1.45pm - 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							= Course only	= Indoor Cycling	
												= Cardio/ Strength Classes	= Dance Classes	
				1.30pm - 2.00pm Yoga - Meditation £5.10 S		1.30pm - 2.00pm Yoga - Meditation £5.10 S		1.30pm - 2.15pm Kettleburn £8.75 AS					= Strength & Toning	= U18's Strength Classes
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	4.00pm - 5.00pm U18's Strength £7.75 PHZ/G	4.00pm - 5.00pm U18's Lifting £7.75 PHZ/G	4.00pm - 5.00pm Group Cycle HiIT £5.20 CC	4.00pm - 5.00pm Group Cycle HiIT £5.20 CC	4.00pm - 5.00pm Group Cycle HiIT £5.20 CC	4.00pm - 5.00pm Group Cycle HiIT £5.20 CC	AS = Action Suite		
	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	5.45pm - 6.15pm Group Cycle HiIT £5.20 CC	5.45pm - 6.15pm Les Mills Strength £8.60 AS	5.45pm - 6.15pm Les Mills Strength £8.60 AS	5.45pm - 6.15pm Les Mills Strength £8.60 AS	5.45pm - 6.30pm Les Mills Strength £8.60 AS	5.45pm - 6.30pm Les Mills Strength £8.60 AS	PHZ = PowerHouse Zone		
	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 Les Mills Strength £8.60 AS	6.00pm - 6.55pm Pilates Flow £10.20 S	6.00pm - 6.55pm Pilates Flow £10.20 S	6.00pm - 6.55pm Kettleburn £8.75 G	6.00pm - 6.30pm Kettleburn £8.75 G	6.00pm - 6.30pm Kettleburn £8.75 G	6.00pm - 6.55pm Body Balance £10.20 S	6.00pm - 6.55pm Body Balance £10.20 S	CC = Cycling Centre		
	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 - 6.55pm Yoga £10.20 S	6.00pm - 6.30pm NEW Kettleburn £8.75 G	6.00pm - 6.30pm NEW Kettleburn £8.75 G	6.00pm - 6.30pm Kettleburn £8.75 G	6.15pm - 7.00pm Body Pump £8.75 AS	6.15pm - 7.00pm Body Pump £8.75 AS	6.30pm - 7.15pm Group Cycle £8.60 CC	6.30pm - 7.15pm Group Cycle £8.60 CC	DP = Diving Pool		
	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	6.00pm - 6.30pm NEW Bodyweight Boss £5.20 G	6.15pm - 7.00pm Body Combat £8.10 AS	6.15pm - 7.00pm Body Combat £8.10 AS	6.15pm - 7.00pm Body Combat £8.10 AS					LP = Leisure Pool		
	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	7.00pm - 7.55pm Group Cycle £8.75 CC	6.30pm - 7.25pm Group Cycle £8.75 CC	6.30pm - 7.25pm Group Cycle £8.75 CC	7.00pm - 7.45pm Yoga for Men £9.00 S					G = Gym		
		7.00pm - 7.55pm Group Cycle £8.75 CC		7.00pm - 7.55pm Group Cycle £8.75 CC								S = Studio		
		7.05pm - 7.55pm Zumba® £8.10 AS	7.15pm - 8.00pm Les Mills Shapes £8.60 S	7.05pm - 8.00pm Les Mills Shapes £8.60 S	7.15pm - 8.00pm Les Mills Shapes £8.60 S	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												
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