

Fitness & Group Exercise

Commencing Monday 29th April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes AM	6.30am-7.15am Early Bird Body Pump™ £6.50 AS	6.30am-7.15am Group Cycle £6.50 CS	6.30am-7.15am Early Bird Body Balance™ £6.50 S	6.30am-7.15am Group Cycle £6.50 CS	8am-9am Core Water Workout £6.80 LP	8.30am-9.25am Group Cycle £6.70 CS	9.15am-10am Body Attack Express™ £6.70 AS
	8am-9am Core Water Workout £6.80 CP	9.30am-10.30am Kettlercise £6.40 CR	8am-9am Deep Water Workout £6.80 DP	9.25am-10.25am Pilates General £7.50 S	9.45am-10.15am HIIT Cycle £3.95 CS	8.45am-9.30am ZUMBA!® £6.50 AS	9.30am-10.25am Yoga Flow £8.50 S
	9.40am-10.35am Body Pump™ £6.70 AS	9.45am-10.15am Beginners Cycle £3.95 CS	8.30am-9.30am Functional Circuits £6.40 S	9.30am-10.15pm MetaHiit £6.40 CR	9.45am-10.40am Total Body Workout £6.40 AS	9.30am-10.30am Group Cycle £6.70 CS	10am-11am Group Cycle £6.70 CS
	9.45am-10.30am Group Cycle £6.50 CS	9.45am-10.40am Total Body Workout £6.40 AS	9.40am-10.35am Body Combat™ £6.70 AS	9.45am-10.40am ZUMBA!® £6.40 AS	9.45am-10.45am Body Balance™ £6.70 S	9.35am-10.20am Body Combat Express™ £6.70 AS	10.15am-11.15am Body Pump™ £6.90 AS
	10.45am-11.25am Back to Basics £6.40 AS	10.45am-11.40am ZUMBA!® £6.40 AS	9.45am-10.45am Group Cycle £6.50 CS	10.30am-11.15am Group Cycle £6.50 CS	10.30am-11.30am Kettlercise £6.40 CR	10.30am-11.30am Body Pump™ £6.90 AS	10.30am-11.30am Yoga Slow £8.50 S
	10.45am-11.45am Beginners Yoga £7.50 S	10.45am-11.45am Body Balance™ £6.70 CR	9.45am-10.45am Body Balance™ £6.70 S	10.30am-11.30am Yoga Flow £7.50 S	10.45am-11.30am FitSteps £6.20 AS		11.45am-12.45pm Barre Concept® £8.50 S
	11.30am-12.30pm FitSteps £6.40 AS	11am-12pm Yoga £7.50 S	10.30am-11.15pm MetaHiit £6.40 CR	10.45am-11.40am Body Attack™ £6.70 AS	10.50am-11.50am Yoga Slow £7.50 S		
			10.45am-11.30am Body Pump Express™ £6.50 AS	11.30am-12.30pm Power Pilates £7.50 S			
			11am-12pm Pilates General £7.50 S				
			11.40am-12.40pm Back to Basics £6.40 AS				
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	12.30pm-1.30pm Pure Stretch £6.40 S	12pm-1pm Pilates Term time only £7.50 S		5.30pm-6.30pm Body Balance™ £6.90 S
	12.30pm-1.15pm Group Cycle £6.50 CS	12.45pm-1.15pm HIIT Cycle £3.95 CS	12.30pm-1.15pm Term time only	6pm-7pm Barre Concept £8.50 S	12.30pm-1.15pm Group Cycle £6.50 CS		6pm-7pm Group Cycle £6.70 CS
	6pm-6.55pm Yoga £8.50 S	6pm-6.45pm MetaHiit £6.40 CR	6pm-7pm Group Cycle £6.50 CS	6pm-7pm Term time only	6pm-7pm Body Balance™ £6.90 S		
	6pm-6.55pm Pilates £8.50 CR	6pm-6.55pm Total Body Workout £6.60 AS	6pm-7pm Yoga £8.50 S	6.15pm-7pm Kettlercise £6.60 CR	6pm-7pm Body Pump Express™ £6.70 AS		
	6.15pm-7pm Body Attack Express™ £6.70 AS	6pm-7pm Pilates Fitness £8.50 S	6.15pm-7.15pm Body Pump™ £6.90 AS	6.30pm-7.30pm Body Combat™ £6.90 AS	6.30pm-7.15pm Group Cycle £6.70 CS		
	6.15pm-7.15pm Group Cycle £6.70 CS	6.30pm-7.15pm Group Cycle £6.70 CS	6.15pm-7.15pm Group Cycle £6.70 CS	6.45pm-7.30pm Group Cycle £6.70 CS	6.45pm-7.45pm Hydro Fit £6.80 LP		
	7pm-8pm Kettlercise £6.80 CR	7pm-7.55pm Body Combat™ £6.90 AS	7.30pm-8pm Beginners Cycle £3.95 CS	6.45pm-7.45pm Hydro Fit £6.80 LP	7.15pm-8pm Body Balance Express™ £6.70 CR		
	7.15pm-8.15pm Body Pump™ £6.90 AS	7pm-8pm Aqua HIIT £6.80 LP	7.30pm-8.30pm Body Attack™ £6.90 AS	7.15pm-8pm Body Balance Express™ £6.70 CR	7.40pm-8.25pm Body Pump Express™ £6.70 AS		
	7.30pm-8pm HIIT Cycle £3.95 CS	7pm-8pm Circuits £6.60 A	8pm-9pm Body Balance™ £6.90 S				
		7.30pm-8.30pm Group Cycle £6.70 CS					
	8pm-9pm ZUMBA!® £6.70 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 CR		
	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			

Key

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

† Courses are NOT included with memberships
 ☼ Special rate for Primitime 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)