

CLASS TIMETABLE

	07:00 07:45	09:00 09:45	09:30 10:15	14:00 15:00	17:00 17:45	18:00 18:45	18:30 19:15	19:30 20:15	19:30 20:30
MON			INDOOR BIKE Clare				YOGA (18:30 - 19:30) Lauren		
TUES	INDOOR BIKE Les		FITBALL Les				FITBALL Les		
WED			BEGINNERS INDOOR BIKE Clare		KIDS FIT 10-15yrs (17:00 - 18:00) Vicky		BEGINNERS INDOOR BIKE Clare		
THURS			PILATES Rachel				INDOOR BIKE Clare	BEGINNERS INDOOR BIKE Clare	AEROBICS Anna
FRI	INDOOR BIKE Les		INDOOR BIKE Clare		KIDS INDOOR BIKE Clare	KIDS INDOOR BIKE Clare	PUNCH CIRCUITS (18:30 - 19:30) Les		
SAT		INDOOR BIKE - BOTH 9:00 - 9:45am KIDS FIT 5-10yrs Vicky		ULTIMATE CIRCUITS Les					

Please note: All classes MUST be pre-booked in advance. See contact details overleaf.



FITNESS CENTRE

lspersonaltraining.com

Unit 8, Star West
Westmead Drive
Swindon
SN5 7SW

tel: 0845 4718416

email: info@lspersonaltraining.com

Please notify Clare ASAP if you are unable to attend a class as we will be running a reserve list system.

Indoor bike: Burn up to 800 cals in an hour in this intense workout.

Yoga: Mind and body class concentrating on posture, flexibility, breathing and relaxation.

Pilates: Restore natural posture, increase strength and tone muscles.

Core: Abdominal workout to build strength and stability.

Fitball: All over body conditioning class using a gym ball.

Punch circuits: Circuit class with a punch.

Ultimate circuits: Not for the faint hearted. You'll never experience a circuit class like it!

Circuits 10-15yrs: Something to get the kids moving.

Kids fit 5-10yrs: Exercise class for the youngsters to show them exercise is fun.