Ivybridge Leisure Centre

Fitness Class

Week beginning Monday 19 March

Monday 19 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:30	BODY COMBAT	Fitness	£4.85	£3.85
11:00 - 12:00	AQUA FIT	Fitness	£4.85	£3.85
18:00 - 19:00	ZUMBA	Fitness	£4.85	£3.85
19:00 - 20:00	CIRCUITS	Fitness	£4.85	£3.85
19:15 - 20:00	HOT CYCLING	Fitness	£4.85	£3.85
20:00 - 21:00	AQUA FIT	Fitness	£4.85	£3.85
20:15 - 21:15	BODYPUMP	Fitness	£4.85	£3.85

Tuesday 20 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.
07:15 - 08:00	HOT CYCLING	Fitness	£4.85	£3.85

09:30 - 10:30	AEROBICS	Fitness	£4.85	£3.85
09:30 - 10:30	AQUA FIT	Fitness	£4.85	£3.85
10:45 - 11:45	PILATES	Fitness	£4.85	£3.85
18:00 - 19:00	AEROBICS	Fitness	£4.85	£3.85
19:15 - 20:15	YOGA	Swimming	£4.85	£3.85
19:45 - 20:45	KETTLERCISE	Fitness	£4.85	£3.85

Wednesday 21 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:30	BODYPUMP	Fitness	£4.85	£3.85
12:30 - 13:15	FLEXERCISE	Fitness	£4.20	£3.20
13:30 - 14:30	BODY VIVE	Fitness	£4.85	£3.85
18:00 - 18:45	HOT CYCLING	Fitness	£4.85	£3.85
19:15 - 20:15	BODY COMBAT	Fitness	£4.85	£3.85

Thursday 22 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.

09:30 - 10:30	BODY VIVE	Fitness	£4.85	£3.85
09:30 - 10:30	AQUA FIT	Fitness	£4.85	£3.85
10:45 - 11:45	PILATES	Fitness	£4.85	£3.85
18:00 - 19:00	AEROBICS/ STEP			
19:00 - 20:00	PILATES	Fitness	£4.85	£3.85
19:00 - 20:00	CIRCUITS	Fitness	£4.85	£3.85
19:15 - 20:00	KETTLEBELL WORKOUT			

Friday 23 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:30	BODY PUMP/ CXWORX	Fitness	£4.85	£3.85
18:00 - 19:00	ZUMBA	Fitness	£4.85	£3.85
19:15 - 20:15	BODY COMBAT	Fitness	£4.85	£3.85

Saturday 24 March

TIME	ACTIVITY	TYPE	ADULT	CONCES.
09:30 - 10:30	BODYPUMP	Fitness	£4.85	£3.85

Sunday 25 March

There are no events on this day.