



QUEEN'S LEISURE CENTRE

GROUP EXERCISE TIMETABLE

MONDAY

7:30am - 8:45am	Gym Circuits
10am - 11am	Active Living Keep Fit
11:15am - 12:15pm	Stretch & Relax
6pm - 7pm	Cycle Circuits
7pm - 7:45pm	Aqua Jog (Deep Water)

TUESDAY

7:30am - 8:30am	Gym Hypertrophy Specific Training
10am - 11am	Active Living Stretch & Tone
11am - 12pm	Active Living Keep Fit
12:15pm - 12:45pm	Express Pump
12:15 - 1pm	Aqua Fit
6pm - 7pm	Gym Hypertrophy Specific Training

WEDNESDAY

7:30am - 8:30pm	Cycle Circuits
3pm - 3:45pm	Aqua Circuits
5:30pm - 6pm	Gym HIIT

THURSDAY

7:30am - 8:30am	Gym Strength Specific Training
11am - 12pm	Active Living Keep Fit
12:30pm - 1pm	Express Bums & Tums
5:30pm - 6:30pm	Boxfit Circuits
6pm - 6:45pm	Pilates

FRIDAY

7:30am - 8:30am	Gym Hypertrophy Specific Training
10am - 11am	Active Living Keep Fit
12:15pm - 1pm	This Girl Can Aqua
6pm - 7pm	Gym Strength Specific Training

SATURDAY

10am - 10:45am	Gym HIIT
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SUNDAY

2:30pm - 3:15pm	Cycle Circuits
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For class description, instructors and prices
visit inderby.org.uk/classes