

Friday

09.55 - 10.55	Zumba®	Studio Five	++	J
10.00 - 10.45	Beginners Pilates	Studio Two	+	
11.00 - 12.00	Body Balance	Studio Two	++	
12.30 - 13.00	Fab Abs	Studio Two	+++	
13.00 - 13.40	Pedal Power	Studio Three	+++	J
13.45 - 14.35	GP Referral/Senior Circuit	Circuit Zone		
17.30 - 18.30	Body Combat	Studio Five	+++	
18.35 - 19.25	Pedal Power	Studio Three	+++	J

NEW

Saturday

09.00 - 10.00	Body Attack	Studio Five	++++	
10.00 - 11.00	Step	Studio Two	+++	
10.05 - 11.05	Body Balance	Studio Five	++	
11.00 - 12.00	Super Circuit	Circuit Zone	+++	
11.05 - 12.05	BodyPUMP	Studio Two	+++	
11.10 - 12.00	Pedal Power	Studio Three	+++	J
11.15 - 12.15	Belly Dancing Course (Beginners)	Studio Five	£	J
12.10 - 13.00	Pedal Power	Studio Three	+++	J
12.25 - 13.25	Belly Dancing Course (Intermediate)	Studio Five	£	J

Sunday

09.00 - 09.50	Pedal Power	Studio Three	+++	J
10.00 - 10.50	Pedal Power	Studio Three	+++	J
10.00 - 11.00	Pilates	Studio Five	++	
10.15 - 11.00	Zumba®	Studio Two	++	J
11.05 - 12.05	Hatha Yoga	Studio Five	++	
11.15 - 12.15	BodyPUMP	Studio Two	+++	

NEW

Did you know - if you do not turn up, or cancel your class with less than one hours notice and your space is not re-let, you will be charged £5.90. Please let us know to avoid a charge. The booking fee for non-Members is non-returnable.

+	Beginner
++	Moderate
+++	Intermediate
++++	Advanced
J	= 12-13 yrs with an adult
£	= Course fee applicable

Sports Centre

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PLEASE NOTE:
This programme may
be subject to change
without notice

■	Fat burning/cardiovascular
■	Body sculpt & conditioning
■	Mind & body
■	Specialised classes

Registered in England: 980152
Registered Charity 301731

Issue 23 : September 2011



Aerobics Timetable



Feeling great...and having fun

Monday

10.00 - 10.45	Zumba®	Studio Two	++	J
10.15 - 11.00	Beginners Pilates	Studio One	++	
10.50 - 11.50	BodyMAX / BodyPUMP	Studio Two	+++	
13.00 - 13.30	Pedal Power	Studio Three	+++	J
14.00 - 15.00	GP Referral/Senior Circuit	Circuit Zone		
14.00 - 14.45	Zumba® Cardiac Rehab/Senior	Studio Two	++	
14.00 - 15.00	Senior Line Dancing (Mixed ability)	Studio Five		
17.30 - 18.30	Step	Studio Two	+++	
17.30 - 18.30	Zumba®	Studio Five	++	J
17.30 - 18.30	Body Balance	Studio One	++	
17.45 - 18.30	Chi Ball	Studio Four	++	
18.00 - 18.50	Pedal Power	Studio Three	+++	J
18.35 - 19.35	BodyPUMP	Studio Two	+++	
18.35 - 19.35	Tums & Bums	Studio Five	+++	J
18.35 - 19.35	Hatha Yoga	Studio One	+++	
18.40 - 19.40	Beginners Capoeira	Studio Four	++	J
19.00 - 19.50	Pedal Power	Studio Three	+++	J
19.00 - 20.00	Super Circuit	Activities	+++	
19.40 - 20.40	Pilates	Studio One	++	J
19.45 - 20.45	Body Combat	Studio Five	+++	
20.00 - 21.00	Capoeira	Studio Two	+++	J

Tuesday

07.05 - 08.00	Pedal Power	Studio Three	+++	J
09.45 - 10.45	Tums & Bums	Studio Five	+++	
10.25 - 11.10	Beginners Pilates	Studio Two	+	
11.05 - 11.50	Aquafit	Pool	++	
11.15 - 12.15	Pilates	Studio Two	++	
12.45 - 13.20	Fab Abs	Studio Two	+++	
17.30 - 18.30	Body Combat	Studio Five	+++	
17.30 - 18.30	BodyMAX	Studio Two	+++	
17.30 - 18.30	Zumba®	Studio One	++	J
17.45 - 18.30	Fab Abs	Studio Four	++	J
17.50 - 18.40	Pedal Power	Studio Three	+++	J
18.35 - 19.35	Zumba®	Studio Two	++	J
18.40 - 19.40	Box-a-cise	Studio Five	++++	
18.45 - 19.45	Freestyle Fitness Yoga	Studio One	+++	
18.45 - 19.35	Pedal Power	Studio Three	+++	J
19.45 - 21.00	Super Circuit	Circuit Zone	+++	
19.40 - 20.40	BodyPUMP	Studio Two	+++	
19.50 - 20.50	Body Attack	Studio Five	++++	

Wednesday

07.05 - 07.50	BodyMAX	Studio Two	+++	
10.00 - 10.45	Pedal Power	Studio Three	+++	J
11.00 - 12.00	Zumba®	Studio Five	++	
11.00 - 11.55	Easy Circuit	Circuit Zone		
11.00 - 12.00	Pilates	Studio Two	++	
12.45 - 13.25	Pedal Power	Studio Three	+++	J
17.30 - 18.30	BodyMAX	Studio Two	+++	
17.30 - 18.30	Body Combat	Studio Five	+++	
17.30 - 18.30	Tums & Bums	Studio One	++	J
17.40 - 18.30	Pedal Power	Studio Three	+++	J
18.35 - 19.30	Body Sculpting	Studio Five	+++	
18.35 - 19.35	Body Attack	Studio Two	++++	
18.45 - 19.35	Pedal Power	Studio Three	+++	J
18.45 - 19.30	Beginners Pilates	Studio One	+	
18.40 - 19.30	Freestyle Dance	Studio Four	+++	J
19.40 - 20.30	Zumba®	Studio Two	++	J
19.40 - 20.40	Pilates	Studio Five	++	J

Thursday

07.05 - 08.05	Body Balance	Studio Five	++	
09.45 - 10.45	BodyMAX	Studio Two	+++	
10.00 - 11.00	Senior Line Dancing (Beginners)	Studio Five		
11.00 - 11.45	Zumba®	Studio Two	++	J
11.00 - 12.00	Senior Line Dancing (Improvers)	Studio Five		
12.30 - 13.15	BodyMAX	Studio Two	+++	
14.00 - 14.45	Easy Aquafit	Pool		
17.30 - 18.30	Zumba®	Studio Five	++	J
17.30 - 18.30	Body Balance	Studio One	++	
17.40 - 18.25	Pedal Power	Studio Three	+++	J
17.45 - 18.30	Ultimate Abs	Studio Two	++++	
18.35 - 19.35	BodyMAX	Studio Two	+++	
18.45 - 19.30	HiiT	Studio Five	++++	
18.45 - 19.35	Pedal Power	Studio Three	+++	J
18.45 - 20.15	Hatha Yoga	Studio One	+++	
19.00 - 20.00	Tai Chi	Studio Four	++	J
19.15 - 20.00	Aquafit (Ladies only)	Pool	++	
19.45 - 21.00	Super Circuit	Circuit Zone	+++	
19.45 - 20.45	Body Combat	Studio Two	+++	