

# Group Exercise Programme

## Monday

06:45 - 07:15	HIIT 25*
11:00 - 12:00	Pilates
17:30 - 17:50	Core Conditioning*
18:00 - 18:45	Spin
18:30 - 18:50	Functional Circuits*
19:00 - 20:00	Yoga
20:00 - 21:00	LBT's

## Tuesday

06:40 - 07:00	Core Conditioning*
07:15 - 08:00	Spin
11:30 - 11:50	Core Conditioning*
13:00 - 13:20	HIIT 25*
17:30 - 18:30	Beginner Yoga
18:00 - 18:45	Spin
18:30 - 19:30	Zumba
18:30 - 19:30	Social Badminton*
19:30 - 20:15	Body Conditioning
20:30 - 22:00	SwimFit*

## Wednesday

06:45 - 07:15	HIIT25*
17:30 - 17:50	Core Conditioning*
18:00 - 18:45	Spin
18:00 - 18:45	Swiss Ball
18:00 - 19:00	Yoga
19:00 - 20:00	Boxercise

## Thursday

06:45 - 07:30	Boxing Circuits
10:00 - 10:20	Functional Circuits *
13:00 - 13:30	HIIT 25*
15:00 - 16:00	Members Swim*
17:30 - 18:30	Pilates
18:10 - 18:30	Core Conditioning*
18:30 - 19:00	Kettlebells*
18:30 - 19:30	Clubbercise
19:30 - 20:30	Zumba

## Friday

07:00 - 07:30	HIIT 25*
10:40 - 11:00	Express Swiss Ball*
13:00 - 13:20	Core Conditioning*
17:30 - 17:50	Core Conditioning*
18:00 - 19:00	Zumba

## Saturday

09:00 - 09:45	Spin
10:00 - 11:00	Tai Chi
13:00 - 13:20	Core Conditioning*

## Sunday

11:00 - 11:30	Kettlebells*
13:30 - 13:50	Core Conditioning*

### OPENING TIMES:

Monday - Friday 06.30-22.00

Weekends 08.00-18.00

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**\*GYM MK Members only**

