

# WHITE HORSE LEISURE CENTRE ACTIVITY SCHEDULE Valid from 5 July 2010 to 3 October 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY STEP</b> 9:30AM – 10:30AM MAIN STUDIO	<b>NEW BODY</b> 9:30AM – 10:30AM MAIN STUDIO	<b>BODY ATTACK</b> 9:30AM – 10:30AM MAIN STUDIO	<b>BODY COMBAT</b> 9:30AM – 10:30AM MAIN STUDIO	<b>RPM</b> 7:30AM – 8:30AM STUDIO 2	<b>AEROBICS</b> 9:30AM – 10:30AM MAIN STUDIO	<b>BODY JAM</b> 9:30AM – 10:30AM MAIN STUDIO
<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>TRY ME JOG CLUB</b> 9:30AM – 10:15AM GYM	<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>AEROBICS</b> 9:30AM – 10:30AM MAIN STUDIO	<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>TRY ME RPM</b> 9:30AM – 10:30AM STUDIO 2
<b>DISCOVER SPIN</b> 10:00AM – 10:15AM GYM	<b>DISCOVER SPIN</b> 10:00AM – 10:15AM GYM	<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>DISCOVER CARDIO</b> 10:00AM – 10:15AM GYM	<b>RPM</b> 9:30AM – 10:30AM STUDIO 2	<b>BODY COMBAT</b> 10:30AM – 11:30AM MAIN STUDIO	<b>DISCOVER BALANCE</b> 10:30AM – 10:45AM MAIN STUDIO
<b>BODY BALANCE</b> 10:30AM – 11:30AM MAIN STUDIO	<b>NIFTY FIFTY</b> 10:30AM – 11:30AM MAIN STUDIO	<b>BOXERCISE</b> 9:30AM – 10:30AM MAIN HALL	<b>STABILITY BALL</b> 10:30AM – 11:30AM MAIN STUDIO	<b>DISCOVER ABS</b> 10:00AM – 10:15AM GYM	<b>RPM</b> 10:30AM – 11:30AM STUDIO 2	<b>TRY ME BODY PUMP</b> 10:45AM – 11:45AM MAIN HALL
<b>HEALTH WALK</b> 10:15AM – 11:30AM FOYER	<b>ADULT BALLET</b> 11:30AM – 12:30PM MAIN STUDIO	<b>CARDIO TENNIS**</b> 10:00AM – 11:00AM TENNIS	<b>BODY PUMP</b> 11:00AM – 12:00PM MAIN HALL	<b>NIFTY FIFTY</b> 10:30AM – 11:30AM MAIN STUDIO	<b>ABS ONLY</b> 11:30AM – 12:00PM MAIN STUDIO	<b>BODY BALANCE</b> 10:45AM – 11:45AM MAIN STUDIO
<b>YOGA – MIX</b> 11:30AM – 1:00PM MAIN STUDIO	<b>BODY PUMP</b> 11:30AM – 12:30PM MAIN HALL	<b>DISCOVER STRENGTH</b> 10:00AM – 10:15AM GYM	<b>ANTE NATAL PILATES</b> 11:30AM – 12:30PM MAIN STUDIO	<b>YOGA – INTERMEDIATE</b> 11:30AM – 1:00PM MAIN STUDIO		
		<b>HEALTH WALK</b> 10:15AM – 11:30PM FOYER				
		<b>YOGA – INTERMEDIATE</b> 10:30AM – 12:00PM MAIN STUDIO				
<b>AQUA NATAL</b> 12:00PM – 1:00PM MAIN POOL	<b>AQUA AEROBIC</b> 12:00PM – 1:00PM MAIN POOL	<b>YOGA 50+</b> 12:00PM – 1:00PM MAIN STUDIO	<b>BODY BALANCE</b> 12:30PM – 1:30PM MAIN STUDIO	<b>DISCOVER CARDIO</b> 2:00PM – 2:15PM GYM	<b>DISCOVER ABS</b> 4:00PM – 4:15PM GYM	
<b>PHYSIO</b> 1:00PM – 2:00PM MAIN STUDIO	<b>CORE STABILITY</b> 12:45PM – 1:45PM MAIN STUDIO	<b>PILATES*</b> 1:00PM – 2:00PM MAIN STUDIO	<b>DISCOVER SPIN</b> 2:00PM – 2:15PM GYM			
<b>DISCOVER ABS</b> 2:00PM – 2:15PM GYM	<b>TRY ME PARENT &amp; BABY DISCO</b> 1:00PM – 1:30PM SQUASH CRT	<b>DISCOVER CARDIO</b> 2:00PM – 2:15PM GYM				
<b>POST NATAL CLASS</b> 2:00PM – 3:00PM MAIN STUDIO	<b>TRY ME PARENT &amp; BABY BALLET</b> 1:45PM – 2:15PM MAIN STUDIO	<b>FIT 4 FUN</b> 4:00PM – 5:00PM MAIN STUDIO				
	<b>TRY ME TODDLER BALLET</b> 2:15PM – 2:45PM MAIN STUDIO					
	<b>DISCOVER STRENGTH</b> 2:00PM – 2:15PM GYM					
	<b>STREET DANCE – UNDER 11s</b> 4:45PM – 5:30PM SQUASH CRT					
	<b>TRY ME CHEERLEADING – LEVEL 1</b> 5:00PM – 6:00PM MAIN STUDIO					
<b>RPM</b> 5:30PM – 6:30PM STUDIO 2	<b>STREET DANCE – ADULTS</b> 5:45PM – 6:45PM SQUASH CRT	<b>BODY JAM</b> 6:00PM – 7:00PM MAIN STUDIO	<b>RPM</b> 5:30PM – 6:30PM STUDIO 2	<b>RPM SUPER</b> 5:30PM – 6:45PM STUDIO 2	<b>RPM</b> 5:00PM – 6:00PM STUDIO 2	
<b>STABILITY BALL</b> 6:00PM – 7:00PM MAIN STUDIO	<b>TRY ME DISCOVER RPM</b> 5:45PM – 6:00PM STUDIO 2	<b>RPM</b> 6:00PM – 7:00PM STUDIO 2	<b>TRY ME DISCOVER PUMP</b> 5:45PM – 6:00PM MAIN HALL	<b>BODY COMBAT</b> 6:00PM – 7:00PM MAIN STUDIO	<b>DISCOVER COMBAT</b> 5:45PM – 6:00PM MAIN STUDIO	
<b>DISCOVER PUMP</b> 6:30PM – 6:45PM MAIN HALL	<b>BODY ATTACK</b> 6:00PM – 7:00PM MAIN STUDIO	<b>BODY PUMP</b> 6:00PM – 7:00PM MAIN HALL	<b>LBT</b> 6:00PM – 7:00PM MAIN STUDIO	<b>SWIMTRAIN*</b> 6:00PM – 7:00PM MAIN POOL	<b>BODY COMBAT</b> 6:00PM – 7:00PM MAIN STUDIO	
<b>RPM</b> 6:30PM – 7:30PM STUDIO 2	<b>RPM</b> 6:00PM – 7:00PM STUDIO 2	<b>DISCOVER RPM</b> 7:00PM – 7:15PM STUDIO 2	<b>BODY PUMP</b> 6:00PM – 7:00PM MAIN HALL	<b>DISCOVER ABS</b> 7:00PM – 7:15PM GYM	<b>BODY BALANCE</b> 8:00PM – 9:00PM MAIN STUDIO	
<b>DISCOVER CARDIO</b> 7:00PM – 7:15PM GYM	<b>SWIMTRAIN*</b> 6:15PM – 7:15PM MAIN POOL	<b>DISCOVER ABS</b> 7:00PM – 7:15PM GYM	<b>RPM</b> 6:30PM – 7:30PM STUDIO 2	<b>TRY ME SALSA</b> 7:00PM – 8:00PM MAIN STUDIO		
<b>THE POWER HOUR</b> 7:00PM – 8:00PM MAIN STUDIO	<b>CIRCUITS</b> 6:30PM – 7:30PM MAIN HALL	<b>BODY COMBAT</b> 7:00PM – 8:00PM MAIN STUDIO	<b>DISCOVER STRENGTH</b> 7:00PM – 7:15PM GYM			
<b>BODY PUMP</b> 7:00PM – 8:00PM MAIN HALL	<b>DISCOVER SPIN</b> 7:00PM – 7:15PM GYM	<b>RPM</b> 7:15PM – 8:15PM STUDIO 2	<b>BODY STEP</b> 7:00PM – 8:00PM MAIN STUDIO			
<b>AQUA AEROBIC</b> 7:00PM – 8:00PM MAIN POOL	<b>BODY STEP</b> 7:00PM – 8:00PM MAIN STUDIO	<b>AQUA AEROBIC</b> 7:15PM – 8:15PM MAIN POOL	<b>CIRCUITS</b> 7:00PM – 8:00PM MAIN HALL			
<b>80s DANCE</b> 8:00PM – 9:00PM MAIN STUDIO	<b>RPM</b> 7:00PM – 8:00PM STUDIO 2	<b>AEROBICS – BEGINNERS</b> 7:15PM – 8:15PM SQUASH CRT	<b>TRIATHLON CLUB*</b> 7:15PM – 8:15PM MAIN POOL			
<b>RPM</b> 8:00PM – 9:00PM STUDIO 2	<b>LBT</b> 7:30PM – 8:30PM MAIN HALL	<b>ABS ONLY</b> 8:00PM – 8:30PM MAIN STUDIO	<b>TRIATHLON CLUB*</b> 8:00PM – 9:00PM MAIN POOL			
	<b>TRY ME BALLROOM</b> 7:30PM – 8:30PM SQUASH CRT		<b>TRY ME BODY BALANCE</b> 8:00PM – 9:00PM MAIN STUDIO			
	<b>BODY BALANCE</b> 8:00PM – 9:00PM MAIN STUDIO					

## MORNING



## AFTERNOON



## EVENING



\* Class not included in membership  
 \*\* Cardio tennis term time only  
 Please note you must be aged 16 years or above to attend a class.

Active Nation reserves the right to change the location, time or classes within the timetable at their discretion. Please consider the environment before printing this timetable.

Managed on behalf of  
**Vale of White Horse District Council**  
 by **Active Nation**



