

# Group Exercise Timetable

Hartsdown Leisure Centre – Fit Force Studio Tel: 01843 226221

	Studio 1	Studio 2	POOL
<b>MON</b>	9.30am to 10.25am Legs, Bums & Tums – DAWN 10.30am to 11.25am Beginners Step – DAWN 5.30pm to 6.25pm BodyPUMP – SAMANTHA 6.30pm to 7.25pm BodyCOMBAT – REBEKAH 7.30pm to 8.25pm LBT on Step – REBEKAH	10.00am to 10.55am Active Aero – SARAH  6.30pm to 7.25pm YOGA - DAPHNE 7.30pm to 8.25pm Pilates on the ball – DAWN	8pm to 8.55pm AQUAFIT- KAT
<b>TUES</b>	9.30am to 10.25am BodySTEP – ZOE 10.30am to 11.25am BodyCOMBAT – ZOE 11.30am to 12.25pm Beginners Aerobics -PAM 5.30pm to 6.25pm BodySTEP – SAMANTHA 6.30pm to 7.25pm ZUMBA – SAMANTHA 7.30pm to 8.25pm BodyPUMP – MEL	9.30am to 10.25am FITBALL – DAWN 10.30am to 11.25am Pilates - ABBEY  6.30pm to 7.25pm Pilates – DAWN 7.30pm to 8.00pm ABS ATTACK - DAWN	
<b>WED</b>	9.30 to 10.25am Cardio Attack - STACEY 10.30am to 11.25 ZUMBA – SAMANTHA 5.30pm to 6.25pm Legs, Bums & Tums – DAWN 6.30pm to 7.25pm BodySTEP –	9.30am to 10.25am Ballet and Yoga Fusion - REBEKAH 10.30am to 11.00am ABS ATTACK - DAWN  6.30pm to 7.25pm FITBALL - DAWN 7.30pm to 8.25pm Stretch, Tone and Relax – LAINEY	
<b>THURS</b>	9.30am to 10.25am BodySTEP* – KERRY 10.30am to 11.25am BodyPUMP – KERRY 5.30pm to 6.25pm Cardio Attack – KERRY 6.30pm to 7.25pm BodyPUMP – KERRY	10.00am to 10.55am Active Aero – SARAH 11.00am to 11.55am Stretch and Tone – SARAH 5.30pm to 6.25pm - Pilates - ABBEY 6.30pm to 7.25pm YogaTone – ABBEY	
<b>FRI</b>	9.30am to 10.25am BodyPUMP – REBEKAH 10.30am to 11.25am BodyCOMBAT – REBEKAH 6.30pm to 7.25pm ZUMBA – NIKKY	9.30am to 10.30am – FITBALL - DAWN 10.30am to 11.25am Fitness Yoga – DAWN 5.30pm to 6.25pm Balls and Bands – LAINEY	
<b>SAT</b>	9.30am to 10.25am BOOTCAMP – LAINEY	9.30am to 10.15am KIDZ FIT N FUN JANE (5-8 YRS)	
<b>SUN</b>	9.30am to 10.25 am Cardio Attack KERRY/KAREN 10.30am-11.25am BodyPUMP/PUMP Circuit – KERRY/KAREN	9.30am to 10.25am FITBALL – KAT	



www.leisureforce.co.uk  
Group Exercise – Hartsdown Leisure Centre

For studio etiquette please see overleaf

\*BodySTEP Thursday 9.30am starts on 22<sup>nd</sup> July. Before this date the Class will be Cardio Attack

**ff**  
Fit FORCE  
studio

THANET  
**Leisure  
force**  
"YOUR RETURN IS OUR REWARD"

# Group Exercise Timetable

Ramsgate Sports Centre – Fit Force Studio Tel: 01843 585111/Ramsgate Swim Centre – Tel: 01843 593754

<b>MON</b>	9.30am to 10.25am BodyPUMP – EMMA 10.30am to 11.25am BodyBALANCE – EMMA 1.30pm to 2.25pm BodyJAM – REBEKAH 5.30pm to 6.25pm BodyATTACK – KERRY 6.30pm to 7.25pm BodyPUMP – KERRY 6.30pm to 7.15pm RPM – KAREN 7.30pm to 8.25pm BodyCOMBAT – ZOE 7.30pm to 8.15pm RPM – KAREN 8.30pm to 9.25pm BodyBALANCE - NIKKY	<b>THURS</b>	9.30am to 10.25pm Legs, Tums & Bums - REBEKAH 10.30am to 11.25am BodyBALANCE - REBEKAH 5.30pm to 6.25pm BodyPUMP - REBEKAH 6.30pm to 7.25pm BodyBALANCE – EMMA 6.30pm to 7.15pm RPM - NIKKY 7.25pm to 8.25pm BodyJAM - REBEKAH 8.45pm to 9.40pm Beginners POLE Danze – REBEKAH
<b>TUES</b>	9.30am to 10.25am BodyPUMP – EMMA 10.30am to 11.25am BodyJAM – EMMA 5.30pm to 6.25pm BodySTEP – ZOE 5.30pm to 6.15pm RPM - KAREN 6.30pm to 7.25pm BodyPUMP – KERRY 6.30pm to 7.15pm RPM Advanced - KAREN 7.30pm to 8.25pm BodyJAM – KERRY	<b>FRI</b>	9.30am to 10.25am BodySTEP - ZOE 9.30am to 10.15am RPM - CAROL 10.30am to 11.25am BodyBALANCE - SAMANTHA 5.30pm to 6.25pm BodyPUMP - KERRY 6.30pm to 7.25pm Beginners Pilates – SAMANTHA 6.30pm to 7.15pm RPM – JANE
<b>WED</b>	9.30am to 10.25am FightCLUB - ZOE 1.30pm to 2.25pm Legs, Tums & Bums - SAMANTHA 5.30pm to 6.25pm BodyPUMP - KAREN 6.30pm to 7.25pm BodySTEP – ZOE 6.30pm to 7.15pm RPM – JANE 7.30pm to 8.25pm ZUMBA - NIKKY 8.30pm to 9.25pm BodyBALANCE – NIKKY	<b>SAT</b>	9.00am to 9.55am BodyATTACK/BOOTCAMP - KAREN 10.00am to 10.55am BodyPUMP - EMMA 11.00am to 11.55am BodyBALANCE - EMMA
		<b>SUN</b>	9.15am to 9.55am Legs, Tums & Bums - REBEKAH 10.00am to 10.55am BodySTEP - REBEKAH 11.00am to 11.55am BodyBALANCE – REBEKAH
		<b>POOL*</b>	MONDAY 9.30am to 10.30am AQUAFIT – SUE WEDNESDAY 8.00pm to 9.00pm AQUAFIT - JANE

## Studio Etiquette:

Please consult a doctor before participating in any activity if you are unsure of the suitability of the class, or if you suffer from any medical complaint, which could be aggravated by exercise. Please arrive at least 10 minutes before the class is due to start. Late arrivals will **not** be able to join in once the class has started. No entrance is allowed into the studio until the instructor has arrived. The coloured wrist band given to you at reception when you book in, must be given to the instructor upon entering the class – no band, no entry! Mobile phones must be switched off and coats and bags left in lockers. Clothing and footwear must be worn appropriate to the activity being taught. Drink plenty of water to avoid dehydration. The minimum age for adult classes is 14 – unless the class contains the use of weights then the minimum age is 16. Class spaces are limited so please check with reception for maximum class capacity. If you can not make a pre-booked class please let us know. There must be a minimum of three participants for a class to run. Classes which continue to have low attendance will be altered / removed from the programme. The timetable is reviewed quarterly. Class spaces may be re-sold to waiting participants if you have not booked in 5 minutes prior to the class commencing.

An induction is required for BODYPUMP prior to commencing your first class. These are available free of charge 15 minutes before each BODYPUMP class listed and will be conducted in the main gym area. Please book in at reception.

*We recommend you pre-book to avoid disappointment. Not only will this ensure your place in the Class, but if in any circumstances a Class has to be cancelled, we will be able to inform you at the earliest opportunity.*

*\* All AQUAFIT Classes are at Ramsgate Swim Centre.*



**Fit FORCE**  
studio

THANET  
**Leisure**  
**Force**  
"YOUR RETURN IS OUR REWARD"