



Woodford Park
Leisure Centre

The Gym on the Park



GROUP EXERCISE TIMETABLE

Day	Time	Session	Facility	Price
Monday	18:15 - 19:00	Circuits	Sports Hall	£6.50 (HH) or £7.50
	18:15 - 19:00	Body Balance	Function Room	£6.50 (HH) or £7.50
	19:15 - 20:00	Boxercise	Function Room	£6.50 (HH) or £7.50
	20:30 - 22:00	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
Tuesday	09:30 - 09:55	Core Crunch	Function Room	£4.00 (HH) or £4.50
	10:00 - 10:25	Kettlebell Blast	Function Room	£4.00 (HH) or £4.50
	12:30 - 13:15	Silver Circuits	Sports Hall	£5.00 (HH) or £5.50
	18:30 - 18:55	Ab Attack	Function Room	£4.00 (HH) or £4.50
	19:00 - 19:25	Kettlebell Blast	Function Room	£4.00 (HH) or £4.50
	19:30 - 19:55	Ab Attack	Function Room	£4.00 (HH) or £4.50
	20:00 - 20:45	Functional Fitness	Function Room	£6.50 (HH) or £7.50
Wednesday	09:30 - 10:15	Body Conditioning	Function Room	£6.50 (HH) or £7.50
	10:30 - 11:15	Aerobics	Function Room	£6.50 (HH) or £7.50
	11:00 - 12:30	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
	14:30 - 16:00	Afternoon Club - Table Tennis	Games Room	£4.50 (HH) or £4.80
	14:30 - 16:00	Afternoon Club - Badminton	Sports Hall	£4.50 (HH) or £4.80
	19:00 - 19:45	Strength & Conditioning	Flexi' Class	£6.50 (HH) or £7.50
	20:00 - 20:45	Body Balance	Function Room	£6.50 (HH) or £7.50
Thursday	09:30 - 10:15	Tai Chi	Function Room	£6.50 (HH) or £7.50
	10:00 - 10:25	Legs, Bums & Tums	Sports Hall	£4.00 (HH) or £4.50
	10:30 - 11:15	Zumba Gold	Sports Hall	£6.50 (HH) or £7.50
	12:30 - 13:15	Silver Circuits	Sports Hall	£5.00 (HH) or £5.50
	14:30 - 16:00	Afternoon Club - Table Tennis	Games Room	£4.50 (HH) or £4.80
	14:30 - 16:00	Afternoon Club - Badminton	Sports Hall	£4.50 (HH) or £4.80
	18:15 - 19:00	Combat Tone	Function Room	£6.50 (HH) or £7.50
	19:15 - 20:00	Power Hour	Function Room	£6.50 (HH) or £7.50
Friday	09:30 - 10:15	Body Balance	Function Room	£6.50 (HH) or £7.50
	10:30 - 11:15	Kettleflow Yoga	Flexi' Class	£6.50 (HH) or £7.50
	18:30 - 20:00	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
	20:00 - 21:30	No Strings Badminton*	Sports Hall	£5.00 (HH) or £5.50
Sunday	09:00 - 09:45	Bootcamp	Outside	£6.50 (HH) or £7.50

Introducing **Flexi' Classes!** Designed to keep the timetable fresh and interesting, the names and contents of these classes will change throughout the year! Keep an eye out for surveys asking for your input on which classes we should run next...

Booking Information:

- Bookings for all sessions open from the day before at 10am.
- Where possible all bookings should be made via telephone: **0118 9216969**.



W: www.woodley.gov.uk E: sports@woodley.gov.uk T: 0118 9216969

All sessions shown on the Group Exercise Timetable are free of charge for active members of The Gym on the Park, unless marked with an asterisk ().*