

brandon leisure centre group exercise classes!

available from
4 January 2011



including: pump & tone
leisure club, boxercise,
body balance, zumba,
circuits, spinning, yoga
aerotone & spin & abs...

Working in partnership with Forest Heath District Council



brandon group exercise timetables

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09.45 - 10.45	Zumba						
10.00 - 10.45	Zumba						
10.45 - 11.15	Aerotone						
11.00 - 12.00	Leisure Club						
12.00 - 12.45	Leisure Club						
12.45 - 13.30							
13.30 - 14.00							
14.00 - 14.30							
14.30 - 15.00							
15.00 - 15.30							
15.30 - 16.00							
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19.30 - 20.00							
20.00 - 20.30							
20.30 - 21.00							
21.00 - 21.30							
21.30 - 22.00							
22.00 - 22.30							
22.30 - 23.00							

Mon Tue
09.45 - 10.45 Zumba
10.00 - 12.00 Leisure Club
10.45 - 11.15 Aerotone
12.00 - 14.00 Leisure Club
12.45 - 13.30 Spinning
13.30 - 14.00 Spinning
14.00 - 14.30 Spinning
14.30 - 15.00 Spinning
15.00 - 15.30 Spinning
15.30 - 16.00 Spinning
16.00 - 16.30 Spinning
16.30 - 17.00 Spinning
17.00 - 17.30 Spinning
17.30 - 18.00 Spinning
18.00 - 18.30 Spinning
18.30 - 19.30 Zumba
19.00 - 20.00 Spinning
19.30 - 21.30 Ballroom Dancing

Wed Thu
10.00 - 12.00 Line Dancing
12.45 - 13.30 Spinning
17.00 - 18.00 Circuits
17.45 - 19.00 Yoga
18.15 - 19.15 Power Pump
18.00 - 19.00 Spinning
19.00 - 20.00 Street Dance
19.00 - 20.00 Boxercise

Fri
09.00 - 10.00 Zumba
10.00 - 12.00 Leisure Club
12.00 - 14.00 Leisure Club
17.30 - 18.30 Boxercise
18.30 - 19.30 Spin & Abs

Sat Sun
09.00 - 10.00 Pump & Tone
10.00 - 11.00 Body Balance
09.00 - 10.00 Circuits

Brandon Leisure Centre
Church Road, Brandon
Suffolk, IP27 0JB
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blc@angcomleisure.com

Details correct at the time of going to press. This programme and content is subject to change at the discretion of Anglia Community Leisure.

This leaflet is available in different formats and languages on request

brandon fitness studio timetables

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00 - 09.00							
09.00 - 10.00							
10.00 - 11.00			Induction Supervised		Supervised		
11.00 - 12.00	Public Use			Public Use			
12.00 - 13.00	Public Use	Public Use	Supervised	Public Use			
13.00 - 14.00	Public Use			Public Use			
14.00 - 15.00	Public Use			Public Use			
15.00 - 16.00	Active for Life				Active for Life		
16.00 - 17.00							
17.00 - 18.00		Junior Toners			Junior Toners		
18.00 - 19.00							
19.00 - 20.00		Induction Supervised			Induction Supervised		
20.00 - 21.00							
21.00 - 22.00							
22.00 - 23.00							

The Fitness studio is open to the public throughout the day, however priority is given to targeted groups/activities where indicated. Please check programme during school holidays.

Telephone: 01842 813 748 blc@angcomleisure.com www.angcomleisure.com