

mildenhall leisure centre



Group exercise classes

available from 4 January 2011

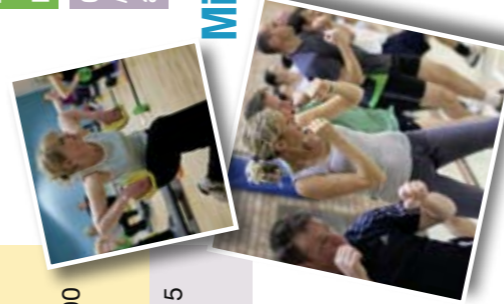
including: aerotone, boxercise, pilates, body combat, zumba, street dance, spinning, circuits & yoga...



Working in partnership with Forest Heath District Council

mildenhall (dome) group exercise timetables

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.30 - 09.30	Gently Does It	Gently Does It	Gently Does It	Body Combat*	Body Combat*	Body Combat	Spinning
09.30 - 10.30	Aerotone*	Yoga*	Spinning*	Body Pump	Spinning	Body Balance	Spinning
12.00 - 13.00	Tai Chi	Pilates	Body Pump	Pilates	Pilates	Body Balance	
18.00 - 19.00	Pilates	Body Balance	Zumba	Pilates	Pilates	Body Balance	
18.00 - 19.00	Spinning	Circuits	Spinning	Body Pump	Spinning		
18.00 - 19.00	Bums 'n' Tums		Spinning	Spinning			
19.00 - 20.00	Spinning		Spinning	Body Combat			
19.00 - 20.00	Body Combat		Body Combat				



Please Note:
Tai Chi is not included in Active Card packages.

Crèche*
A crèche is available Monday to Friday at selected times.

Mildenhall (the dome)
Leisure Centre
Bury Road, Mildenhall
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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

mildenhall (dome) fitness studio timetables

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday	Public Use	Public Use	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised
Tuesday	Public Use	Public Use	Public Use	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life
Wednesday	Public Use	Public Use	Public Use	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life
Thursday	Public Use	Public Use	Public Use	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised
Friday	Public Use	Public Use	Public Use	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life	Active for Life
Saturday	Public Use	Public Use	Public Use	Induction	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners
Sunday	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use

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.