

# Group Exercise Class Timetable

Updated 17/02/2020

**BOOK NOW**  
Advance  
booking  
recommended

## MONDAY

5.40-6.25pm	Studio Cycling	(Morgan)
6.35-7.20pm	BODY PUMP	(Chris)
7.25-8.10pm	BODY BALANCE	(Chris)
8.15-9.05pm	Boot Camp	(Morgan)

## TUESDAY

5.30-6.30pm	Pilates	(Sally)
6.30-7.30pm	Pilates	(Sally)
7.45-8.30pm	Studio Cycling	(Morgan)

## WEDNESDAY

6-7pm	BODY PUMP	(Vicky)
7.15-8pm	Studio Cycling	(Adam)
8.10-8.55pm	Studio Cycling	(Adam)

## THURSDAY

5.30-6.15pm	Studio Cycling	(Vicky)
6.30-7.30pm	BODYPUMP	(Andy)
7.45-8.45pm	BarreX	(Chaz and Alex)

## FRIDAY

6.30-7.30pm	Bootcamp Revolution	(Rhys)
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## SATURDAY

8.45-9.30am	Studio Cycling	(Pru)
9.45-10.45am	BODYPUMP	(Hannah)
10.50-11.50am	BODY BALANCE	(Hannah)

## SUNDAY

9.30-10.30am	Yoga	(Pauline)
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All classes - £7 PAYG

To book:

T: 01179161034

E: [scenquiries@wellswaymat.com](mailto:scenquiries@wellswaymat.com)

Or book online at [www.sportwellsway.com](http://www.sportwellsway.com)

Non weight bearing classes – 14+

Weight bearing classes – 16+

