










Monday

Time	Session	Location	Activity Type
5.45pm - 6.45pm	Circuits/Insanity	Sports Hall	
7.15pm - 8.15pm	Pilates	Sports Hall	 

Tuesday

Time	Session	Location	Activity Type
5.45pm - 6.45pm	Circuits/Metafit	Sports Hall	
7.15pm - 8.15pm	Core	Sports Hall	 





Wednesday

Time	Session	Location	Activity Type
5.45pm - 6.45pm	Legs, Bums & Tums	Sports Hall	 
7.15pm - 8.15pm	Spin	Sports Hall	

Thursday

Time	Session	Location	Activity Type
5.30pm - 6.30pm	Pilates	Sports Hall	 

Friday

Time	Session	Location	Activity Type
7.15am - 8.15am	Spin	Sports Hall	
5.45pm - 6.45pm	Zumba	Sports Hall	 
7.15pm - 8.15pm	Step	Sports Hall	

Group Exercise



Cardio



Strength & Tone



Mind & Body



Water based



Full Body



Our Live Well-friendly classes are a nice, easy transition from the support you have received during your 12 free weeks. However, all classes are available to Live Well members.

Please arrive five minutes before the class start time. If you arrive after the class start time your space may be offered to someone else. Participants' minimum age for all classes is 14 years and participants ages 14-15 years must be accompanied in the class by an adult.

This timetable is subject to change, for further information visit our website. In addition to the above timetable other activities are available including gymnastics, trampolining, badminton and table tennis. For more information enquire at reception or visit www.leicester.gov.uk/activeleicester