

# Moat House Leisure & Neighbourhood Centre

Temporary Group Exercise timetable: Tuesday 5th - Wednesday 13th March 2019

Tuesday 5th March		
7.00am	Circuit (45 mins)	●
8.00am	Kettlebells	●
9.30am	Indoor Cycling (45 mins)	●
2.00pm	Core Fit (30 mins)	●
3.00pm	AMRAP (45 Minutes)	●
6.00pm	Pilates	●
6.00pm	Boxercise	●
7.00pm	Clubbercise	●
8.00pm	Circuits (45mins)	●
9.00pm	Circuits (45mins)	●

Wednesday 6th March		
7.00am	Indoor Cycling (45 mins)	●
8.00am	Circuits (45 mins)	●
9.00am	HIIT (45 mins)	●
9.30am	Pilates	●
10.00am	Indoor Cycling (45 mins)	●
1.00pm	Kettlebells (45 mins)	●
2.00pm	Core Fit (30mins)	●
3.00pm	AMRAP (45 Minutes)	●
4.00pm	AMRAP (45 Minutes)	●
5.00pm	Circuits Training	●
6.00pm	Circuits Training	●
6.00pm	Yoga	●
7.00pm	Indoor Cycling (45 mins)	●
7.15pm	Yoga	●

Thursday 7th March		
7.00am	Indoor Cycling (45 mins)	●
8.00am	Circuits (45mins)	●
9.30am	Trim & Tone	●
11.00am	Trim and Tone (45 mins)	●
12.00pm	Kettlebells (45 mins)	●
1.00pm	Power Pump	●
2.00pm	Core Fit (30 mins)	●
3.00pm	AMRAP (45 Minutes)	●
4.00pm	AMRAP (45 Minutes)	●
7.00pm	Matrix Circuits	●
7.00pm	Zumba	●
8.00pm	Circuits (45mins)	●
9.00pm	Circuits (45mins)	●

Friday 8th March		
7.00am	Indoor Cycling (45 mins)	●
8.00am	Kettlebells (45mins)	●
9.00am	Fitball	●
10.00am	Tai Chi (45 mins)	●
1.00pm	Circuits (45mins)	●
2.00pm	Core Fit	●
3.00pm	AMRAP (45 Minutes)	●
4.00pm	AMRAP (45 Minutes)	●
5.00pm	Running Club	●
5.30pm	Core Fit (30 mins)	●
6.00pm	Boxercise	●
7.00pm	HIIT (45mins)	●
8.00pm	Kettlebells (45mins)	●
9.00pm	Circuits (45mins)	●

Saturday 9th March		
10.00am	Boxing Fitness & Training (1.5 hrs)	●

Sunday 10th March		
8.00am	Kettlebells (45mins)	●
9.00am	Indoor Cycling (45 mins)	●
10.00am	Kettlebells (45 mins)	●
11.00am	HIIT Workout	●

Monday 11th March		
7.00am	Kettlebell (45mins)	●
8.00am	Circuits (45mins)	●
9.30am	Vibe Power	●
10.00am	Tai Chi (Beginners)	●
3.00pm	HIIT (45mins)	●
4.00pm	Matrix (45mins)	●
5.30pm	Core Fit (30 mins)	●
6.00pm	Burns, Legs & Tums	●
6.00pm	Yoga	●
7.00pm	Indoor Cycling (45 mins)	●
7.10pm	Yoga	●

Tuesday 12th March		
7.00am	Circuit (45 mins)	●
8.00am	Kettlebells	●
9.30am	Indoor Cycling (45 mins)	●
11.00am	Boxercise (45mins)	●
2.00pm	Core Fit (30 mins)	●
3.00pm	AMRAP (45 Minutes)	●
6.00pm	Pilates	●
6.00pm	Boxercise	●
7.00pm	Clubbercise	●
8.00pm	AMRAP (45 Minutes)	●
9.00pm	AMRAP (45 Minutes)	●

Wednesday 13th March		
7.00am	Circuits (45 mins)	●
8.00am	HIIT (45mins)	●
9.00am	Core Fit (30mins)	●
9.30am	Pilates	●
10.00am	Indoor Cycling (45 mins)	●
5.00pm	Circuits Training	●
6.00pm	Circuits Training	●
6.00pm	Yoga	●
7.00pm	Indoor Cycling (45 mins)	●
7.15pm	Yoga	●

Key			
●	Studio	●	Classroom
●	Sports Hall	●	Outdoors
●	Studio (TEMPORARY CLASS)		

**AMRAP**  
As many rounds as possible – a cardio based workout