



Castle Park
Leisure Centre

Fitness Classes - Autumn 2019



Castle Park
Leisure Centre

	Date	Day	Class	Time	Instructor
Week 1	02.09.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	02.09.19	Monday	HIIT	7.30-8.30pm	Ceri
	03.09.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	03.09.19	Tuesday	Body Pump	8-9pm	Sammy
	04.09.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	04.09.19	Wednesday	Power Hour	8-9pm	Ceri
	05.09.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
Week 2	07.09.19	Saturday	Cardio Mix	10.30-11.15am	William
	09.09.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	09.09.19	Monday	HIIT	7.30-8.30pm	Ceri
	10.09.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	10.09.19	Tuesday	Body Pump	8-9pm	Sammy
	11.09.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	11.09.19	Wednesday	Power Hour	8-9pm	Ceri
Week 3	12.09.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	14.09.19	Saturday	Cardio Mix	10.30-11.15am	Sammy
	16.09.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	16.09.19	Monday	HIIT	7.30-8.30pm	Ceri
	17.09.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	17.09.19	Tuesday	Body Pump	8-9pm	Sammy
	18.09.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
Week 4	18.09.19	Wednesday	Power Hour	8-9pm	Ceri
	19.09.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	21.09.19	Saturday	Cardio Mix	10.30-11.15am	Ceri
	23.09.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	23.09.19	Monday	HIIT	7.30-8.30pm	Ceri
	24.09.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	24.09.19	Tuesday	Body Pump	8-9pm	Sammy
Week 5	25.09.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	25.09.19	Wednesday	Power Hour	8-9pm	Ceri
	26.09.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	28.09.19	Saturday	Cardio Mix	10.30-11.15am	William
	30.09.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	30.09.19	Monday	HIIT	7.30-8.30pm	Ceri
	01.10.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
Week 6	01.10.19	Tuesday	Body Pump	8-9pm	Sammy
	02.10.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	02.10.19	Wednesday	Power Hour	8-9pm	Ceri
	03.10.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	05.10.19	Saturday	Cardio Mix	10.30-11.15am	Sammy
	07.10.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	07.10.19	Monday	HIIT	7.30-8.30pm	Ceri
Week 7	08.10.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	08.10.19	Tuesday	Body Pump	8-9pm	Sammy
	09.10.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	09.10.19	Wednesday	Power Hour	8-9pm	Ceri
	10.10.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	12.10.19	Saturday	Cardio Mix	10.30-11.15am	Ceri
	14.10.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
Week 8	14.10.19	Monday	HIIT	7.30-8.30pm	Ceri
	15.10.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	15.10.19	Tuesday	Body Pump	8-9pm	Sammy
	16.10.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	16.10.19	Wednesday	Power Hour	8-9pm	Ceri
	17.10.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
	19.10.19	Saturday	Cardio Mix	10.30-11.15am	Ceri
Week 8	21.10.19	Monday	Indoor Cycling	6.30-7.15pm	Ceri
	21.10.19	Monday	HIIT	7.30-8.30pm	Ceri
	22.10.19	Tuesday	Cardio/Core	7-7.45pm	Sammy
	22.10.19	Tuesday	Body Pump	8-9pm	Sammy
	23.10.19	Wednesday	Indoor Cycling / Circuits	7-7.45pm	William
	23.10.19	Wednesday	Power Hour	8-9pm	Ceri
	24.10.19	Thursday	Boxfit	6.30-7.30pm	Ceri / Steve
26.10.19	Saturday	Cardio Mix	10.30-11.15am	William	