



Leominster Leisure Centre

TIME	CLASS	INSTRUCTOR
Monday		
9.30am – 10.25am	Body Pump	Bridgette Storey
10.30am – 11.25am	Body Balance	Sue Gardner
6.00pm – 6.55pm	Aerobics	Mandy Evans
6.00pm – 7.00pm	Body Pump	Sue/Bridgette
7.15pm – 8.15pm	Body Balance	Teresa/Penny/Emma
7.15pm – 8.15pm	Boxing Circuits	Mandy Evans
8.00pm – 9.00pm	Aqua Aerobics	Pauline Pochin
8.20pm – 9.20pm	Body Balance	Teresa/Penny/Emma
Tuesday		
9.30am – 10.30am	Beginner Step	Bridgette Storey
11.40am – 12.25pm	Body Pump	Emma Bingham
6.00pm – 6.55pm	Step	Bridgette Storey
6.00pm – 7.00pm	Freestyle Yoga	Sue Gardner
7.00pm – 8.00pm	Aerobics	Sue Gardner
Wednesday		
9.30am – 10.30am	LTB	Sue Gardner
6.00pm – 6.55pm	Aerobics	Julie “Billie” Billington
7.30pm – 8.30pm	Body Pump	Bridgette Storey
Thursday		
9.30am – 10.25am	Step	Bridgette Storey
10.30am – 11.25am	Body Balance	Emma Bingham
6.00pm – 6.55pm	Step	Bridgette Storey
6.00pm – 7.00pm	Body Balance	Penny Southwood
7.00pm – 8.00pm	LTB	Penny Southwood
Friday		
9.30am – 10.30am	Body Blitz	Bridgette Storey
6.00pm – 7.00pm	Body Pump	Bridgette/Sue
7.15pm – 8.15pm	Circuits	Chris Goode
8.00pm – 9.00pm	Aqua Aerobics	Pauline Pochin
Saturday		
9.15am – 10.15am	Body Pump	Tam/Penny/Emma
10.30am – 11.30am	Body Balance	Tam/Penny/Emma

