

Long Stratton Leisure Centre Class Programme

Day	Time	Class	Level	Fee	L. P. Fee
Mon	09:30 - 10:25	Total Tone	All Levels	£4.50	£2.70
	17:45 - 18:25	Kettlebell Blitz	All levels	£4.50	£2.70
	18:30 - 19:15	Disco Cycling	Intermediate	£4.50	£2.70
	18:30 - 19:25	Kick It	All Levels	£4.50	£2.70
	19:30 - 21:00	Yogalates	Beginner - Intermediate	£5.30	£3.30
	19:30 - 20:25	Circuit Training	All Levels	£4.50	£2.70
Tues	10:00 - 11:00	Zumba*	All Levels	£4.00	
	12:15 - 13:15	Freestyle Fitness Yoga	All Levels	£4.50	£2.70
	17:30 - 18:15	Indoor Cycling	Intermediate - Advanced	£4.50	£2.70
	17:30 - 18:15	Zumba*	All Levels	£4.00	
	18:30 - 19:25	20/20/20	All Levels	£4.50	£2.70
	19:30 - 20:25	BLT	All Levels	£4.50	£2.70
Wed	09:30 - 10:25	50/50	All Levels	£4.50	£2.70
	12:15 - 13:00	Power Chi	All Levels	£4.50	£2.70
	17:45 - 18:25	Core & Balls	All Levels	£4.50	£2.70
	18:30 - 19:25	Kickboxing	All Levels	£4.50	£2.70
	19:30 - 20:25	Kettlebell Circuits	All Levels	£4.50	£2.70

Thurs	17:30 - 18:15	Indoor Cycling	All Levels	£4.50	£2.70
	18:30 - 19:25	Tone Zone	All Levels	£4.50	£2.70
	19:30 - 21:00	Pilates	All Levels	£5.30	£3.30
Fri	09:30 - 10:25	Cross Training	All Levels	£4.50	£2.70
	14:15 - 15:00	60+ Workout	All Levels	£2.60	
	17:45 - 18:30	Zumba (included in membership)	All Levels	£4.50	£2.70
	18:30 - 19:15	Indoor Cycling	Intermediate	£4.50	£2.70
Sat	09:30 - 10:25	Indoor Cycling	Intermediate	£4.50	£2.70
Sun	09:30 - 10:25	Yoga	All Levels	£4.50	£2.70
	10:30 - 11:15	Zumba*	All Levels	£4.00	

*Zumba classes with an asterisk are not included in the membership.

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Please note:

Classes last for approximately 1hr except for Yoga on a Monday and Thursday evening, which lasts for 1.5hrs

All classes can be booked one week in advance, please book in advance to avoid disappointment.

Classes will only run with a minimum of 4 attendees.