CHESTERFIELD BOROUGH COUNCIL

Healthy Living Centre

Christmas Fitness Timetable week commencing 23 December

Monday 23rd December		Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December		Saturday 28th December		Sunday 29th December	
6.45am	Indoor Cycling				10.00am	Indoor Cycling	9.00am	Body Burn	9.30am	Yoga
9.30am	Ballet Fit				10.00am	Ballet Fit	10.00am	Indoor Cycling	10.00am	Indoor Cycling
10.00am	Indoor Cycling				11.00am	Dancefit	10.00am	Yoga	11.00am	Legs, Bums, Tu
10.30am	Pilates				12.00pm	Aquacise				
11.15am	Legs, Bums, Tums				12.30pm	Chair Based				
12.00pm	Aquacise									
1.30pm	Falls Prevention									
5.15pm	ніт									
6.00pm	Indoor Cycling									
6.15pm	Pilates									
7.00pm	Indoor Cycling									
7.15pm	Rockbox									
7.30pm	Aquacise									
			Cardio/Aerobic	Water Based Cardio Aerobic	Healt	h Related Session				
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			Indoor Cycling	Power/Strength Session	Mind	and Body Session				

Please note: Classes can be subject to change. We will attempt to inform you of any changes as soon as possible but this may not always be possible at short notice.

Healthy Living Centre Barlow Road, Staveley, Chesterfield S43 3XR 01246 345666 www.chesterfield.gov.uk/leisure

Aquacise, Ballet Fitness, Dance Fit, Indoor Cycling and Rockbox: ages 14+ All other classes: ages 16+