CHESTERFIELD BOROUGH COUNCIL

Healthy Living Centre Junior Fitness Timetable

Monday		Tuesday	
7.00am	Virtual Reality Indoor Cycling	6.45am	Indoor Cycling
10.00am	Indoor Cycling	11.15am	Dancefit
12.00pm	Aquacise	12.15pm	Aquacise
4.30pm	Junior Gym	12.15pm	Indoor Cycling
6.00pm	Indoor Cycling	4.30pm	Junior Gym
7.00pm	Indoor Cycling	6.00pm	Indoor Cycling
7.15pm	Rockbox		
7.30pm	Aquacise		յլ

Wednesday

7.00am	Virtual Reality Indoor Cycling
10.00am	Indoor Cycling
12.00pm	Aquacise
4.30pm	Junior Gym
5.30pm	Indoor Cycling

	Thursday	
y Ig	6.45am	Indoor Cycling
g	9.15am	Virtual Reality Indoor Cycling
	4.30pm	Junior Gym
	6.30pm	Indoor Cycling
g	6.30pm	Rockbox
g	6.30pm	Indoor Cycling

unior Gym	Family Fit	Fitness Class
ges 10-13	Aged 8+	Ages 14+

N.B all fitness classes are as per the usual fitness timetable and open to all members aged 14+ not just juniors.

Friday

10.00am	Indoor Cycling
11.00am	Dancefit
12.00pm	Aquacise
4.30pm	Junior Gym
6.45pm	Indoor Cycling
7.45pm	Aquacise

Saturday		
am-12pm	Family Fit	
0.00am	Indoor Cycling	
1am	Junior Gym	

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Sunday		
9am-12pm	Family Fit	
10.00am	Indoor Cycling	
10.30am	Junior Gym	
2.00pm	Junior Gym	

Healthy Living Centre

Barlow Road, Staveley, Chesterfield S43 3XR

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www.chesterfield.gov.uk/sports-and-lesiure