

# EXERCISE OPTIONS TIMETABLE AT CARLTON FORUM LEISURE CENTRE



**dna**  
HEALTH & FITNESS

## Monday

9.45am - 10.30am	Hula Hooping	▲
11.00am - 12.00pm	Stability Ball	▲
1.15pm - 2.15pm	Aerobics (50+)	▲
5.15pm - 6.15pm	Aerobics	▲
6.15pm - 7.15pm	Studio Strength	▲
7.00pm - 8.00pm	Wet Workout	●
7.15pm - 8.15pm	Strictly Dancing	▲
8.15pm - 9.15pm	Stability Ball	▲
8.00pm - 9.00pm	Wet Workout	●

## Tuesday

9.15am - 10.45am	Improvers Yoga	■
10.00am - 11.00am	Pilates	▲
11.15am - 12.15pm	Boxercise	▲
6.15pm - 7.15pm	Studio Strength	▲
7.00pm - 8.00pm	Pilates	■
7.15pm - 8.15pm	Aerobics	▲
8.00pm - 9.00am	Pilates	■
8.15pm - 9.15pm	Kickboxercise	▲

## Wednesday

10.00am - 11.00am	Studio Strength	▲
11.15am - 12.15pm	Pilates	▲
5.15pm - 6.15pm	Aerobics	▲
6.00pm - 7.30pm	Beginners Yoga	■
6.15pm - 7.15pm	Shapers	▲
7.00pm - 8.00pm	Wet Workout	●
7.30pm - 9.00pm	Improvers Yoga	■
8.00pm - 9.00pm	Wet Workout	●

## Thursday

10.00am - 11.00am	Aerobic Cheerleading	▲
11.00am - 12.00pm	Pilates	▲
2.00pm - 3.00pm	Aerobics (50+)	▲
4.00pm - 5.00pm	Junior Street Dance	▲
6.15pm - 7.15pm	Aerobics	▲
7.15pm - 8.00pm	Hula Hooping	■
7.15pm - 8.15pm	Strictly Dancing	▲
8.00pm - 9.00pm	Pilates	■
8.15pm - 9.15pm	Kickboxercise	▲

## Friday

10.00am - 11.00am	Aerobic Cheerleading	▲
11.00am - 12.00pm	Stability Ball	▲
6.15pm - 7.15pm	Bums, Tums and Thighs	▲
7.15pm - 8.15pm	Studio Strength	▲
8.15pm - 9.45pm	Salsa	▲

## Saturday

9.30am - 10.30am	Studio Strength	▲
10.30am - 11.30am	Stability Ball	▲
4.15pm - 5.15pm	Step Aerobics	▲

## Sunday

9.00am - 10.00am	Aerobics	▲
9.00am - 10.30am	Tai Chi	■
5.30pm - 6.30pm	Aerobics	▲
6.45pm - 7.45pm	Studio Strength	▲

### Key:

- Dance & Exercise Studio ▲
- Activites Room ■
- Small Pool ●

