

Virtual Scheduled Timetable Redhill Leisure Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Ex Studio 07:15:00 Pilates duration: 00:29:26	Group Ex Studio 07:15:00 Conditioning - Bodyweight duration: 00:09:49	Group Cycling Studio 07:15:00 Group Cycling duration: 00:57:27	Group Ex Studio 07:15:00 Conditioning - Core duration: 00:14:26	Group Ex Studio 07:15:00 Strength duration: 00:14:27	Group Cycling Studio 11:15:00 Group Cycling duration: 00:47:33	Group Ex Studio 08:45:00 Conditioning - Bodyweight duration: 00:30:32
Group Cycling 11:15:00 REVOLUTION 30 - Vol. 20 duration: 00:32:36	Group Ex Studio 07:30:00 Conditioning - Core duration: 00:09:31	Group Ex Studio 13:30:00 Dance duration: 00:26:11	Group Ex Studio 07:30:00 Mind and Body - Yoga duration: 00:33:57	Group Ex Studio 07:30:00 Studio Strength duration: 00:08:37	Group Ex Studio 12:15:00 Bodyweight Conditioning duration: 00:28:55	10:45-15:30 On Demand
Group Ex Studio 15:15:00 Power Step 20 duration: 00:51:05	7:45-11am On Demand		Group Cycling Studio 13:45:00 Group Cycling Studio duration: 00:54:07	Group Ex Studio 07:45:00 Core Conditioning duration: 00:13:37	Group Ex Studio 12:45:00 Studio Strength duration: 00:14:27	Group Ex Studio 15:45:00 Pilates duration: 00:27:00
	Group Ex Studio 11:15:00 Pilates duration: 00:29:26			Group Ex Studio 08:00:00 Flexibility duration: 00:09:10	Group Ex Studio 13:00:00 Cardio Conditioning and Core duration: 00:13:37	
				8:15-10:30am On Demand	Group Ex Studio 13:15:00 Flexibility duration: 00:08:24	
					13:45-17:00 On Demand	