



**Withington Baths  
and Leisure Centre**

TIME	CLASS (* = included with class membership)	INSTRUCTOR	COST	STUDIO
<b>MONDAY</b>				
9:15 - 10:15am	Relax and Rejuvenate	Kayya	£5 *	2
9.30 - 10.15am	Outdoor Tabata	Millie	£5 *	OUTSIDE
10.30 - 11.30am	Hatha Yoga	Julia	£5 *	2
12.00 - 1.00pm	Physio-Led Pilates (Pay Instructor)	Holly	-	2
13.00 - 13.45pm	Chair Yoga	Julia	£5 *	1
5.00 - 5.45pm	Express Beginners Yoga	Sarah	£5 *	2
5.30 - 6.15pm	Withy Pump	Reece	£5 *	1
6.00 - 7.00pm	Beginners' Yoga	Sarah	£5 *	2
6.30 - 7.15pm	Outdoor HIIT	Maya	£5 *	OUTSIDE
7.15 - 8.15pm	Power Yoga	Sarah	£5 *	2
7.30 - 8.30pm	Boogie Bounce (Pay Instructor)	Maya	£6	1
<b>TUESDAY</b>				
9.30 - 10.30am	Vinyasa Yoga	Kayya	£5 *	2
11.00 - 12:30pm	Table Tennis	Dennis	£5 *	1 & 2
5.00 - 5.45pm	Beginners' Yoga	Victor	£5 *	2
5.15 - 5.45pm	Outdoor HIIT	Rayna	£5 *	OUTSIDE
6.00 - 6.45pm	Vinyasa Yoga	Victor	£5 *	2
6.15 - 7.00pm	Total Tone	Sarah	£5 *	1
6.30 - 7.15pm	Running Club	Craig	£2 *	OUTSIDE
7.00 - 8.00pm	Vinyasa Yoga	Victor	£5 *	2
7.15 - 8.15pm	Zumba	Sarah	£5 *	1
8.30 - 9.30pm	Flamenco (Pay Instructor)	Allie	£7	2
<b>WEDNESDAY</b>				
10.00 - 11:30pm	Table Tennis	Dennis	£5 *	1 & 2
5.00 - 6.00pm	Yin Yoga	Julia	£5 *	2
5.30 - 6.15pm	Withy Pump	Reece	£5 *	1
6.15 - 7.15pm	Vinyasa Flow Yoga	Julia	£5 *	2
6.30 - 7.15pm	Outdoor HIIT	Reece	£5 *	OUTSIDE
7.00 - 7.45pm	Aquafit	Amanda	£5 *	POOL
7.30 - 8.15pm	Zumba	Jo	£5 *	1
7.30 - 8.15pm	HIIT the Beat	Rayna	£5 *	2
<b>THURSDAY</b>				
11.30 - 12.30pm	Dance Like a Mother	Shelly	-	1
12.00 - 1.00pm	Yoga Flow	Victor	£5 *	1
1.00 - 1.45pm	Silver Circuits	Natalie	FREE	1
5.15 - 6.00pm	Withy Twenty	Reece	£5 *	1
5.15 - 6.00pm	Beginners' Yoga	Julia	£5 *	2
6.30 - 7.00pm	Running Club	Craig/Sam	£2 *	OUTSIDE
6.15 - 7.00pm	Metafit	Reece	£5 *	OUTSIDE
7.00 - 8.00pm	Pilates	Holley	£5 *	2
<b>FRIDAY</b>				
8.15 - 9.15am	Vinyasa Flow Yoga	Julia	£5 *	2
9.30 - 10.30am	Physio-Led Pilates (Pay Instructor)	Holly	-	2
10.45 - 11.45pm	Physio-Led Pilates (Pay Instructor)	Holly	-	2
12.00 - 1.00pm	Pranayama Flow Yoga	Lianne	£5 *	2
4.30 - 5.15pm	Hatha Yoga	Julia	£5 *	2
5.30 - 6.15pm	Yin Yoga	Julia	£5 *	2
6.15 - 7.15pm	Zumba Toning	Jo	£5 *	1
<b>SATURDAY</b>				
9.45 - 10.15am	Outdoor Core	Reece	£5 *	OUTSIDE
10:15 - 11:15am	Reggae Yoga	Kayya	£5	2
10.30 - 11.15pm	Bootcamp	Reece	£5 *	OUTSIDE
11.30 - 12.30pm	Reggae Yoga	Kayya	£5 *	2
<b>SUNDAY</b>				
9.30 - 10.30am	Yogalates	Lauren	£5 *	2
11.00 - 12.00pm	Dance Fit	Sarah	£5 *	2
12.00 - 1.00pm	Boogie Bounce (Pay instructor)	Maya	£6	1
12.30 - 1.30pm	Pranayama Flow Yoga	Alex	£5 *	2
1.15 - 2.15pm	Boogie Bounce (Pay instructor)	Maya	£6	1
1.45 - 2.45pm	Hatha Yoga	Alex	£5 *	2
3.00 - 4.00pm	Vinyasa Flow Yoga	Alex	£5 *	2