



WSCC

WELLESBOURNE
SPORTS & COMMUNITY CENTRE

2024 CLASSES TIMETABLE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8am					HIIT 6.45-7.30		
8-9am							
9-10am	Ab Attack 9.30-10.00		Box Fit 9.30-10.30	Tone & Conditioning 9.30-10.15	LBT 9.30-10.15		Yoga 9.30-10.30
10-11am							
11-12pm	Fitness Pilates 11.15-12.15	Senior Mobility 11.30-12.30		Senior Mobility 11.30-12.30	MamaFit 11.00-11.45		
12-1pm	Stretch & Flex 12.30-13.30				Mama + Baby Cafe 11.45 - 12.45		
1-2pm		Fitness Pilates 13.45-14.45					
2-3pm							
3-4pm							
4-5pm							
5-6pm	Fitness Pilates 17.30-18.25			Fitness Pilates 17.30-18.30			
6-7pm	Fitness Pilates 18.30-19.25 Spin 19.00-19.45	Spin 18.00-18.45 Aerobics 18.00-18.45	Circuits 18.00-19.00	Spin 18.30 - 19.15 Lift & Move 18.45-19.30			
7-8pm	Circuits 19.45-20.45	Stretch & Flex 19.00-20.00	Yoga 19.15-20.15				
8-9pm							

Wellesbourne Sports & Community Centre, Loxley Close, Wellesbourne CV35 9RU. A registered charity. Charity no 1171006.

TURN OVER THE PAGE FOR DETAILS AND SAVINGS JOIN A CLASS TODAY!