



FRIDAY

Class	Time	Instructor	Location
Circuits	07:15-08:15	Michael	Studio
Total Body Conditioning	10:45-11:45	Michelle	Studio
Zumba	11:45-12:45	Onyeka	Studio
Yoga – (Hatha)	13:00-14:00	Mike	Studio
Total Body Conditioning	18:30-19:30	Sylvie	Studio
Zumba	19:30-20:30	Nicola	Studio

SATURDAY

Class	Time	Instructor	Location
Total Body Conditioning	09:00-10:00	Michael	Studio
Circuits	10:15-11:15	Cazza	Studio
Zumba	11:15-12:15	Nadia	Studio
Pilates	13:45-14:45	Katie	Studio
Yoga (Hatha)	16:15-17:15	Paula	Studio

SUNDAY

Class	Time	Instructor	Location
Yoga (Hatha)	10:30-11:30	Paula	Studio
Pilates	11:45-12:45	Paula	Studio
Zumba	13:15-14:00	Charlotte	Studio
Yoga (Hatha)	17:15-18:15	Tina	Studio
Yoga (Ashtanga)	18:30-19:30	Jo	Studio



Fitness Class Timetable Highbury Leisure Centre December 2018

BETTER Book your classes online at www.better.org.uk/book

BETTER Late Cancellations made less than 2 hours before the activity start time will incur a late cancellation charge of £3.00.

BETTER No Cancellation / No Show will incur a no show charge of £3.00.

BETTER Prepaid members can now book online 14 days in advance.
Bookings made in centre or by phone can be booked 7 days in advance.

BETTER Please ensure you collect your ticket from reception prior to your **BETTER** class and show the receipt (ticket) to the instructor.

MONDAY

Class	Time	Instructor	Location
Circuits	07:30-08:30	Michael	Studio
Club Aerobics 55+	09:30-10:30	Dorinda	Studio
Total Body Conditioning	10:45-11:45	Sylvie	Studio
Pilates	13:00-14:00	Penny	Studio
Total Body Conditioning	17:15-18:00	Sylvie	Studio
Pilates	18:00-19:00	Lisa	Studio
Zumba	19:15-20:15	Nicola	Studio
Total Body Conditioning	20:15-21:15	Cazza	Studio

TUESDAY

Class	Time	Instructor	Location
Pilates	11:00-12:00	Edwin	Studio
Total Body Conditioning	12:15-13:00	Michael	Studio
Total Body Conditioning	17:30-18:30	Michelle	Studio
Boxfit	18:30-19:30	Cazza	Studio
Total Body Conditioning Women Only	19:30-20:15	Cazza	Studio

WEDNESDAY

Class	Time	Instructor	Location
Total Body Conditioning	07:30-08:30	Michael	Studio
Pilates (All)	11:00-12:00	Kate	Studio
Yoga (Iyengar)	12:45-13:45	Roy	Studio
Total Body Conditioning	17:15-18:15	Sylvie	Studio
Aerobics	18:30-19:30	Nadia E	Studio
Pilates	19:30-20:30	Jennifer	Studio

THURSDAY

Class	Time	Instructor	Location
Pilates	07:30-08:30	Jennifer	Studio
Club Aerobics 55+	09:45-10:30	Dorinda	Studio
Total Body Conditioning	10:45-11:45	Michelle	Studio
Fitness Rebounding	12:00-12.45	Rosne	Studio
Circuits	17:30-18:15	Natasha	Studio
Pilates	18:15-19:15	Jaz	Studio
Yoga (Hatha)	19:15-20:15	Jaz	Studio