



Withington Baths and Leisure Centre

TIME	CLASS (* = included with class membership)	INSTRUCTOR	COST	STUDIO
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MONDAY

7.00 - 7.45am	Vinyasa Yoga	Amy	£5 *	2
10.30 - 11.30am	Hatha Yoga	Julia	£5 *	2
12.00 - 1.00pm	Physio-Led Pilated with APPI Pilates Instructor	Holly	£8.50	2
1.15 - 2.00pm	Chair Yoga	Julia	£5 *	2
5.15 - 6.00pm	Express Beginners Yoga	Sarah	£5 *	2
5.30 - 6.00pm	Withy Pump	Reece	£5 *	1
6.00 - 6.30pm	Metafit	Maya	£5 *	1
6.00 - 7.00pm	Beginners' Yoga	Sarah	£5 *	2
6.30 - 7.00pm	Withy Core	Maya	£5 *	1
7.00 - 8.00pm	Power Yoga	Sarah	£5 *	2
7.00 - 8.00pm	Cardio Pump	Maya	£5 *	1

TUESDAY

9.30 - 10.30am	Vinyasa Yoga	Kate	£5 *	2
10.45 - 12.00pm	Table Tennis (All Ages)	Altomash	£5/£2.50*	2
12.30 - 1.30pm	Zumba Gold	Ray	£5 *	2
3.00 - 4.00pm	Back to Health	Natalie	£2 *	1
5.15 - 6.00pm	Beginners' Yoga	Victor	£5 *	2
5.30 - 6.00pm	HIIT	Rayna	£5 *	1
6.00 - 7.00pm	Total Tone	Sarah	£5 *	1
6.00 - 7.00pm	Beginners' Yoga	Victor	£5 *	2
6.15 - 7.00pm	Running Club	Craig	£2 *	OUTSIDE
7.00 - 8.00pm	Boxing Bootcamp	Sarah	£5 *	1
7.00 - 8.00pm	Vinyasa Yoga	Victor	£5 *	2
8.00 - 9.00pm	Flamenco for Beginners (pay instructor)	Allie	£7 (£36 for 6)	2
8.00 - 9.00pm	Zumba	Sarah	£5 *	1

WEDNESDAY

10.00 - 11.00am	Table Tennis (Over 50's)	Dennis	£1	2
4.00 - 5.00pm	Vin & Slow Flow Yoga	Julia	£5 *	2
5.00 - 6.00pm	Hatha Yoga	Julia	£5 *	2
5.30 - 6.00pm	Withy Pump	Reece	£5 *	1
6.00 - 6.30pm	HIIT	Reece	£5 *	1
6.00 - 7.00pm	Hatha Yoga	Julia	£5 *	2
6.30 - 7.00pm	Withy Core	Reece	£5 *	1
7.00 - 8.00pm	Zumba	Jo	£5 *	2
7.00 - 8.00pm	Muay Thai Fit	Scott	£5 *	2
7.00 - 7.45pm	Aquafit	Amanda	£5 *	POOL
8.00 - 9.00pm	Kick Boxing Fitness	Scott	£5 *	2
8.00 - 9.00pm	Pi-Yo	Jo	£5 *	1

THURSDAY

10.30 - 11.30am	Jivamukti Yoga	Stacey	£5 *	2
10.30 - 11.30am	Dance Like a Mother (pay instructor)	Shelly	£6 (£20 for 5)	1
12.00 - 1.00pm	Yoga Flow	Victor	£5 *	2
1.00 - 1.45pm	Silver Circuits (Over 65s)	Natalie	FREE	1
5.15 - 6.00pm	Beginners' Yoga	Julia	£5 *	2
5.30 - 6.00pm	Withy 20	Reece	£5 *	1
6.00 - 7.00pm	Kibox Fit	Michael	£5 *	1
6.00 - 7.00pm	Family Martial Arts (pay instructor)	Scott	£20 for 4	2
7.00 - 7.30pm	Metafit	Reece	£5 *	2

7.00 - 8.00pm	Pilates	Karen	£5 *	1
7.30 - 8.00pm	Legs, Bums & Tums	Reece	£5 *	1

FRIDAY

8.30 - 9.30am	Vinyasa Flow Yoga	Julia	£5 *	2
9.45 - 11.45am	Physio-Led Pilated with APPI Pilates Instructor	Holly	£8.50	2
12.00 - 1.00pm	Pranayama Flow Yoga	Lianne	£5 *	2
5.00 - 6.00pm	Hatha Yoga	Julia	£5 *	2
6.00 - 7.00pm	Yin Yoga	Julia	£5 *	2
6.30 - 7.30pm	Zumba Toning	Jo	£5 *	1
7.15 - 8.15pm	Vinyasa Yoga	Alex	£5 *	
7.30 - 8.30pm	Zumba	Jo	£5 *	1

SATURDAY

9.30 - 10.30am	Family Martial Arts (pay instructor)	Lauren	£20 for 4	1
10.30 - 11.30am	Boot Camp	Reece	£5 *	1
10.30 - 11.30am	Reggae Yoga	Victor	£5 *	2
11.30 - 12.30pm	Reggae Yoga	Victor	£5 *	2
11.30 - 12.30pm	Boxercise	Ross	£5 *	1

SUNDAY

10.00 - 11.00am	Yogalates	Lauren	£5 *	2
11.00 - 12.00pm	Dance Fit (for adults)	Sarah	£5 *	1
1.00 - 2.00pm	Pranayama Yoga	Victor	£5 *	2
2.00 - 3.00pm	Chillout Yoga	Victor	£5 *	2
3.00 - 4.00pm	Yoga Flow	Victor	£5 *	2