

Classes at Bexley

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|--|
| Keiser Cycling 6.45-7.30 Keiser Studio | Keiser Cycling 9.30-10.15 Keiser Studio | Express Keiser 6.30-7.00 Keiser Studio | Tums & Bums 9.30-10.30 Studio 1 | Keiser Cycling 6.45-7.30 Keiser Studio | Keiser Cycling 9.00-9:45 Keiser Studio | Express Keiser 8.45-9.15 Keiser Studio |
| Keiser Cycling 9.30-10.15 Keiser Studio | Body Pump 10.15-11.15 Studio 1 | Pilates 50+ 09.30-10.30 Studio 1 | Aqua 10.45-11.30 Pool | Body Pump 09.30-10.30 Studio 1 | Zumba 9.00-10.00 Studio 1 | Vipr 9.15-10.00 Studio 1 |
| Zumba 10.00-11.00 Studio 1 | Body Balance 11.15 -12.00 Studio 1 | Keiser Cycling 10.00-10.45 Keiser Studio | Pilates 11.30-12.30 Studio 1 | Pool Shape Up 10.30-11.15 Pool | Body Pump 10.00-11.00 Studio 1 | Yoga 10.00-11.00 Studio 1 |
| Aqua 10.30-11.15 Pool | Aqua 12.15-13.00 Pool | Zumba 10.30-11.30 Studio 1 | Yoga 12.30-13.30 Studio 1 | Body Combat 10.30-11.30 Studio 1 | Body Balance 11.00-12.00 Studio 1 | Aqua 11.15-12.00 Pool |
| Active 50+ 12.00-13.00 Studio 1 | Core Stability 18:00-18.30 Studio 2 | Studio Shape Up 11:30-12:15 Studio 1 | Intro to ViPR 18.00-18.30 Studio 1 | Active 50+ 12.00-13.00 Studio 1 | | |
| Gym Shape Up 13.00-13.45 Gym | Body Balance 18.00-18.45 Studio 1 | Aqua 12:15-13:00 Pool | Core Stability 18.30-19.00 Studio 1 | Circuits 18.30-19.30 Studio 2 | | |
| Keiser Cycling 18.00-18.45 Keiser Studio | Keiser Cycling 18.30-19.15 Keiser Studio | Keiser Cycling 18.15-19.00 Keiser Studio | Keiser Cycling 18.30-19.15 Keiser Studio | Zumba 19.00-20.00 Studio 1 | | |
| Core Stability 18.45-19.15 Studio 2 | Body Pump 18.45-19.45 Studio 1 | Boxercise 19.00-20.00 Studio 2 | Yoga 19.00-20.00 Studio 2 | | | |
| Tums & Bums 19.00-20.00 Studio 1 | ViPR 19.15-20.00 Studio 2 | Tums & Bums 19.00-20.00 Studio 1 | Body Pump 19.15-20.15 Studio 1 | | | |
| Body Combat 20.00-21.00 Studio 1 | Zumba 19.45-20.45 Studio 1 | Keiser Cycling 20.00-20.45 Keiser Studio | Body Combat 20.15-21.15 Studio 1 | | | |
| Pilates 20.00-21.00 Studio 2 | Yoga 20.00-21.00 Studio 2 | Pilates 20.00-21.00 Studio 2 | Aqua 20.15-21.00 Pool | | | |



The Chapel

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