



Oundle School
**SPORTS
CENTRE**

Class Timetable

Monday 12th October to Saturday 31st October 2020

Day	Time	Class	Price
Monday	10.30-11.30	Bootcamp	£8.50
Monday	11.30-12.30	Pilates – beginners (starting 19 th October)	£10.00
Monday	17.30-18.30	Les Mills Body Balance	£8.50
Monday	18.15-18.45	Les Mills GRIT Cardio	£6.00
Tuesday	10.15-11.15	Pilates (starting 20 th October)	£10.00
Tuesday	11.45-12.30	Chair Class (starting 20 th October)	£5.00
Tuesday	10.45-11.45	Walk for Fitness	FREE
Wednesday	9.15-9.45	HIIT	£6.00
Wednesday	19.15-20.00	Hip-Hop-Fit	£8.50
Wednesday	19.00-20.00	Tai Chi	£8.50
Thursday	12.15-13.00	Pump & Tone	£8.50
Friday	10.15-11.00	Broadway Fit	£8.50
Saturday	9.30-10.30	Bodyweight Blitz	£8.50