

brandon leisure centre

group exercise classes!

available from
Monday 6 September 2010



including: pump & tone
leisure club, boxercise,
body balance, zumba,
circuits, spinning, yoga
aerotone & spin & abs...

Working in partnership with **Forest Heath District Council**



brandon group exercise timetables

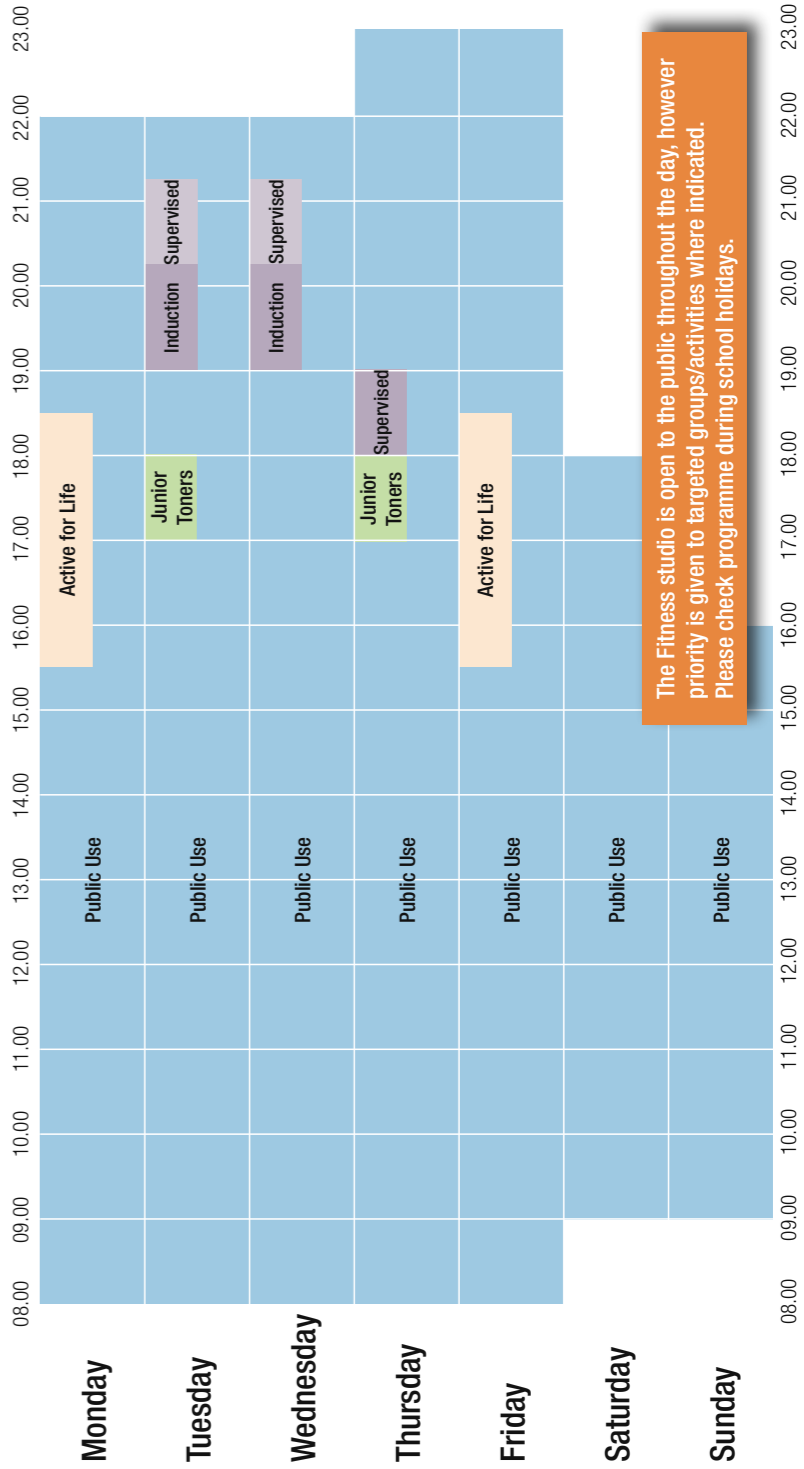
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09.45 - 10.45	Zumba						
10.00 - 10.45		Leisure Club	Line Dancing	Circuits	Leisure Club	Pump & Tone	
10.45 - 11.15	Aerotone						
11.00 - 11.15							
11.15 - 12.00		Leisure Club	Spinning	Power Pump	Leisure Club	Body Balance	
12.00 - 12.45							
12.45 - 13.30							
13.30 - 14.00							
14.00 - 14.45							
14.45 - 15.30							
15.30 - 16.00							
16.00 - 16.45							
16.45 - 17.30							
17.30 - 18.00	Circuits						
18.00 - 18.45							
18.45 - 19.15							
19.15 - 19.45							
19.45 - 20.15							
20.15 - 20.45							
20.45 - 21.15							
21.15 - 21.45							
21.45 - 22.15							
22.15 - 22.45							
22.45 - 23.15							

Brandon Leisure Centre
Church Road, Brandon
Suffolk, IP27 0JB
01842 813748
blc@angcomleisure.com

Details correct at the time of going to press. This programme and content is subject to change at the discretion of Anglia Community Leisure.

This leaflet is available in different formats and languages on request

brandon fitness studio timetables



including: aerotone, boxercise, pilates, body combat, zumba, street dance, spinning, circuits & yoga...

Working in partnership with Forest Heath District Council

mildenhall leisure centre
group exercise classes!
 available from
 Monday 6 September 2010



mildenhall (dome) group exercise timetables

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
08.30 - 09.30	Gently Does It	Yoga*	Gently Does It	Body Combat*	Zumba*	Body Combat	Spinning
09.30 - 10.30	Aerotone*	Body Pump	Spinning*	Body Balance*	Aerotone*	Body Balance	Boxercise
12.00 - 13.00	Tai Chi	Street Dance	Body Pump	Boxercise	Spinning		
18.00 - 19.00	Pilates	Pilates	Zumba	Pilates	Spinning		
18.00 - 19.00	Spinning	Pilates	Spinning	Pilates	Spinning		
18.00 - 19.00	Bums 'n' Tums	Body Balance	Spinning	Pilates	Pilates		
19.00 - 20.00	Spinning	Boxercise	Body Combat	Body Pump	Body Pump		
19.00 - 20.00	Body Combat	Circuits					

Please Note:
 Tai Chi is not included in Active Card packages.

Crèche*
 A crèche is available Monday to Friday at selected times.

Mildenhall (the dome) Leisure Centre
 Bury Road, Mildenhall
 Suffolk, IP28 7HT
01638 717737
dlc@angcomleisure.com

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mildenhall (dome) fitness studio timetables

	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00
Monday	Public Use	Public Use	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	Induction/Supervised	Induction/Supervised	Induction/Supervised	Induction/Supervised
Tuesday	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use
Wednesday	Public Use	Public Use	Public Use	Active for Life	Active for Life	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only
Thursday	Public Use	Public Use	Induction/Supervised	Induction/Supervised	Induction/Supervised	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only
Friday	Public Use	Public Use	Public Use	Active for Life	Active for Life	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only	School Use Only
Saturday	Public Use	Public Use	Public Use	Induction	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners	Junior Toners
Sunday	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use	Public Use

The Fitness studio is open to the public throughout the day, however priority is given to targeted groups/activities where indicated. Please check programme during school holidays.