

## Hadrian Leisure Centre exercise class programme

### Instructor-led classes

\* Functional Training sessions do not need to be booked and take place in the gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08-8.45am Aqua HIIT	10-10.30am Functional Training*	8-08.45am Aqua HIIT	9.30-10.15am Aquafit	9.30-10.15am Aqua Zumba	8.45-9.45am Body Conditioning	9-10am Body Pump
10-10.30am Functional Fitness Gym	6-7pm Body Pump	9.30-10am Aquafit	10-10.30am Functional Training*	10.00-10.30 Functional training*	10.15-11am Indoor Cycling	10.15-11.15am Indoor Cycling
6-7pm LBT	6-7pm Circuits	10.00-10.30 Functional training*	6-7pm LBT	6-6.45pm Indoor Cycling	10.30-11.15am Aquafit	
6-7pm HIIT	7.15-8pm Indoor Cycling	6-7pm HIIT	7.15-8.15pm Body Pump	7-8pm Pilates		

	7.15-8pm Aquafit	7-7.45pm Aquafit	7.45-8.30pm Aquafit			
	7.30-8.30pm Body Balance	7.30-8.30pm Coached trampoline session				

Please note: Due to sharing the school facilities, some exercise classes at Hadrian leisure centre may be cancelled with as much notice as possible, this is an agreement of the terms of use of the school. If a cancelation is due to a repair or maintenance of the school building this notice may be shorter. Where possible we will aim to relocate a class into another part of the school, if this is not possible a class will be cancelled, sorry for any inconvenience caused.

## The Parks exercise class programme

### Instructor-led classes

\* Functional Training sessions do not need to be booked and take place in the gym

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45-7.30am Indoor Cycling	9.30-10.30am Pilates	6.15-7am Indoor Cycling	9.30-10.30am Body Pump	6.45-7.30am Indoor Cycling	9.15-10.15am Circuits/HIIT	9-09.30am Functional Training*
7-7.30am Functional Training*	12.15-1.15pm Indoor Cycling	9.30-10.30am Legs, Bums & Tums	5.30-6.15pm Circuits / HIIT	9.30-10.30am PIYO	2-2.30pm Functional Training*	9.30-10.30am Pilates
9.30-10.30am Body Pump	5.15-6pm PIYO	11am-12pm Pilates	5.30-6.15pm Indoor Cycling	10.45-11.45am Nifty 50's		9.45-10.30am Indoor Cycling
11am-12pm Pilates	5.15-6.15pm Body Pump	12.15-1.15pm Circuits / HIIT	6-7pm Body Pump	12.15-1.15pm Circuits		
5.30-6.15pm Indoor Cycling	5.30-6pm Functional Training*	5.30-6.15pm Indoor Cycling		1.45-2.45pm Low Impact Circuits		
6-7pm Pilates	6-6.45pm Indoor Cycling	6-7pm Pilates				

	6.30-7.15pm LBT					
--	--------------------	--	--	--	--	--

### Virtual classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.45-8.15am Sprint	6.45-07.30am The Trip	7.45-08.15am RPM	6.45-7.15am Sprint	8-8.45am The Trip	8.15-9am The Trip	8.30-9am Sprint
8.30-9.15am The Trip	7.45-08.35am RPM	8.15-9.15am Sprint	8-8.50am RPM	9-9.30am Sprint	9am-5pm Choose Your Spin*	9am-5pm Choose Your Spin*
9.30am-5pm Choose Your Spin*	9am-5pm Choose Your Spin*	9.30am-5pm Choose Your Spin*	9am-4pm Choose Your Spin*	10am-6pm Choose Your Spin*		
8-8.50pm RPM	7.30-8pm Sprint	7.15-8pm The Trip	7.45-8.30pm The Trip	7-7.30pm Sprint		

\*Choose Your Spin – drop-in session, subject to availability. Book at reception and we will play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).

## Tynemouth Pool exercise class programme

### Instructor-led classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.15-10.15am Zumba Gold	9-9.45am Aquafit	9.30-10.30am Aqua Zumba	9-9.45am Aquafit	9.30-10.30am Zumba	10.10-11.10am Body Combat	10-11am Zumba
10.15-11am Zumba Gold	9.45-10.30am Aquafit	9.30-10.30am Zumba	9.30-10.30am Body Combat	9.30-10.15am Aquafit		
11am-12pm Pilates	11am-12pm Pilates	10.30-11.30am Body Combat	10.30-11.30am Zumba	11am-12pm Pilates		
12-12.45pm Aquafit	6-7pm Body Combat	12-1pm Yoga	12-12.45pm Aquafit	5.30-6.30pm Body Combat		
5-6pm Zumba	7.45-8.30pm Aquafit	2-3pm Pilates	12-1pm Pilates			
7-8pm Body Combat		6-7pm Body Combat	6-6.45pm Yoga			

**Virtual classes:**

**\*Choose your class – drop-in session, subject to availability. Ask the gym instructor to play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.30-9am Choose Your Class*	7.30-8am Choose Your Class*	7.30-8am Body Pump	7.30-8am Choose Your Class*	7.30-8am Body Balance	11.10-11.40am Body Pump	8.45-9.45am Body Pump
12-1pm Choose your class*	8.10-8.40am Body Pump	8.50-9.20am Body Balance	8.10-8.40am Body Pump	8.50-9.20am Body Pump		11.15am-12.15pm Body Balance
3-4pm Body Balance	12.15-12.45pm Body Combat	4.15-4.45pm Virtual Dance	2-2.30pm Body Balance	1-1.30pm Body Balance		
4.15-4.45pm Body Pump	4-5pm Choose Your Class*	8.05-9.05pm Body Pump	7-8pm Body Pump	2-3pm Choose Your Class*		
	8-9pm Body Pump			3.45-4.15pm Body Pump		

## Waves exercise class programme

### Instructor-led classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.25-10.10am Aquafit	8.00-8.45 Aquafit	9.15-10.15am Body Pump	7-7.30am Functional Training	9.15-10.15am Pilates	9.15-10.15am Body Combat	08.00-09.00 Body Balance
9.30-10.30am LBT	9.15-10.15 LBT	9.25-10.10am Aquafit	8.15-9am Aquafit	9.30-10am Functional Training	9.45-10.30am FitSteps	9.15-10.15am Body Pump
09.30-09.50 Functional Training	10.15-11.15am Zumba	9.30-10am Functional Training	9.30-9.50 Functional Training	10.45-11.30am Low Impact Circuits	10.45-11.45am Zumba	10.30-11.30am Piyo Flow
10.45-11.30 Box fit	11.30am-12.30pm Healthy Hearts	10.45-11.45am Healthy Hearts	9.15-10.15am Body pump	11.45-12.30 Low impact circuits	11.00-11.45am Functional training	4-5pm Pilates
12-1.30pm Yoga	1.30-2.30pm Body Balance	12-1pm Sculpt and Tone	10.00-10.0 Baby functional training	1-2pm Body Balance		

Healthy Hearts 2-3pm	5-5.30pm Functional Training	5-6pm Yoga	10.30-11.30am Body Combat	5.15-6.15pm HIIT		
4.15-5.15pm Yoga	5.45-6.45 Healthy Hearts	6.15-7.15pm Pilates	12-1pm Power Yoga	6.30-7.30pm Yoga		
5.15-6pm Box Fit	7-8pm Zumba	7.30-8.15pm Aquafit	1.15-2.15pm Low Impact Circuits			
6-6.45pm FitSteps	8-9.30pm Yoga		5.00-5.30pm Functional Training			
6.00-7.00pm Body Pump			5.15-6.15pm Yoga			
7.15-7.45pm Functional training			6.45-7.45pm Body Pump			
8-9pm Pilates						



8-8.45am Aquafit						
---------------------	--	--	--	--	--	--

**Virtual classes:**

**\*Choose your class – drop-in session, subject to availability. Ask the gym instructor to play your preferred class on a first come basis. The class you choose must be completed before the next timetabled session (live or virtual).**

\*these classes are adapted so you can bring your baby along, please speak to reception for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.30-8.25am Choose Your Class*	6.40-7.25am The Trip	6.40-7.25am RPM	6.40-7.25am The Trip	6.40-07.10am Sprint	8.05-8.50am The Trip	8.05-8.50am The Trip
6.40-7.25am Sprint	6.45-7.15am GRIT Strength	6.45-7.15am GRIT Cardio	7.35-8.05am Sprint	6.45-7.15am GRIT Cardio	8.15-8.45am GRIT Strength	8.55-9.25am Sprint

7.45-8.30am RPM	7.20-7.55am Choose Your Class*	7.20-9am Choose Your Class*	8.15-9am The Trip	7.30-8.15am The Trip	8.55-9.25am Sprint	9.35-10.20am RPM
8.30-9am Les Mills Core	7.30-8am Sprint	7.35-8.20am The Trip	8.30-9am Les Mills Core	7.45-8.15am Body Combat	9.35-10.20am RPM	10.30-11.15am The Trip
8.40-9.10am Sprint	8-8.30am Les Mills Core	8.30-9am Sprint	9.05-9.50am RPM	8.30-9am Les Mills Core	10.30-11.15am The Trip	11.45-12.30pm GRIT Cardio
9.20-9.50am Sprint	8.10-8.55am The Trip	9.10-9.55am The Trip	10-10.45am The Trip	9-9.45am RPM	11.30am-12.00pm Sprint	12-6pm* Choose Your Class
10-10.45am The Trip	9.05-9.50am RPM	10-10.45am RPM	11-11.30am Sprint	10-10.45am Baby Spin	12-6pm* Choose Your Class	12.15-12.45pm RPM
11-11.45am RPM	10-10.45am The Trip	11-11.30am Sprint	12.45-1.30pm The Trip	11.45am-12.30pm The Trip	12.15-12.45pm RPM	1-1.45pm The Trip
1-1.30pm Sprint	12-12.45pm RPM	12-12.45pm The Trip	2-2.30pm Sprint	12.45-1.30pm RPM	1-1.45pm The Trip	2.45-3.30pm RPM

2-2.45pm RPM	1-1.45pm The Trip	1.30-2.00 Baby body pump*	2.30-4.15pm* Choose Your Class	3-3.30pm Sprint	2.45-3.30pm RPM	3.45-4.15pm Sprint
2-4pm Choose Your Class*	2.40-4pm Choose Your Class*	2.15-3pm The Trip	3-3.45pm RPM	3.45-4.30pm The Trip	3.45-4.15pm Sprint	4.25-5.10pm The Trip
3.30-4pm Sprint	3-3.30pm Sprint	4-4.45pm RPM	4-4.45pm The Trip	4-5pm Body Pump	4.25-5.10pm RPM	5.15-6pm RPM
4.10-4.55pm The Trip	3.40-4.25pm The Trip	4-4.45pm Body Pump	5-5.30pm Sprint	4.40-5.10pm Sprint	5.15-6pm The Trip	
5.10-5.40pm Sprint	4.30-5.15pm RPM	5-5.45pm The Trip	5.45-6.30pm RPM	5.20-6.05pm RPM		
5.50-6.35pm RPM	5.25-5.55pm Sprint	6-6.30pm Sprint	6.45-7.30pm The Trip	6.15-7pm The Trip		
6.45-7.30pm The Trip	6.05-6.50pm The Trip	6.45-7.30pm RPM	7.40-8.10pm Sprint	7.15-7.45pm Sprint		

7.45-8.15pm Sprint	7-7.45pm RPM	7.30-8.15pm Body Combat	8.20-9.05pm The Trip			
8.25-8.55pm Sprint	7.55-8.25pm Sprint	7.45-8.30pm The Trip				
	8.35-9.20pm The Trip	8.40-9.10pm Sprint				

## The Lakeside Centre exercise class programme

### Instructor-led classes

**\*Functional Training sessions do not need to be booked and take place in the gym**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-7.45am Indoor Cycling	7-7.30am Functional Training	7-7.45am Indoor Cycling	7-7.30am Functional Training	7-07.45am Indoor Cycling	8.45-9.30am Indoor Cycling	10.30-11.30 Body Combat Starting 5 Jan 25
9.00-9.30am Functional Training*	9.15-10.15am Body Balance	9.00-9.30am Functional Training*	9.30-10.30am Yoga	9-9.30am Functional Training*	9-10am Body Pump	
9.15-10.15am Body Pump	11.45am-12.30pm Aqua Zumba	9.30-10am Functional Training*	11-11.45am Zumba Gold	9.15-10.15am Body Balance	9.30-10.30am Zumba	
9.30-10.15am Aqua Zumba	6-7pm Body Pump	9.30-10.30am Yoga	5.45-6.30pm Aquafit	9.30-10am Functional Training*	10.15-11.15am Body Balance	
9.30-10am Functional Training*	6-6.45pm Indoor Cycling	1-2pm Low Impact Circuits	6-7pm Zumba	6-6.45pm Indoor Cycling		
9.30-10.30 Pilates	7-7.45pm Indoor Cycling	6-6.45pm Box Fit	6.15-7.15pm Pilates	6.15-7.15pm Body Balance		

11.30-12.30 Yoga	7-8pm Pilates	6-7pm Body Pump	6.45-7.30pm Indoor Cycling			
5.45-6.45pm Body Pump		7.10-7.55pm Pilates	7.45-8.30pm Aqua Zumba			
6-6.45pm Indoor Cycling		8-8.45pm Pilates				
7-7.45pm Indoor Cycling						

### Virtual classes

**\*Baby classes are where a parent can bring a baby and take part in the class as long as the baby is in a car seat. The baby should be put directly in front of the exerciser. The classes are 30 minutes only, the lights are all on and the music volume is lowered.**

If you would like to do a virtual class in between scheduled classes please speak to a Gym Instructor who will assist you, the class must finish before the next scheduled class starts, please note this is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7–8am Body Pump	6.45–7.15am RPM	6.45–7.45am Body Combat	6.45–7.15am RPM	7–8am Body Pump	10.15–11.05am RPM	8.30–9am Virtual Dance
8.15–8.45am SPR	7–8am Body Pump	8.15–9am Body Pump	6.45–7.45am Body Balance	8.15–9am Virtual Dance	11.30am–12.15pm Body Balance	9–9.50am RPM
9.45–10.35am RPM	8.30–9.20am RPM	8.15–8.45am SPR	8–8.50am RPM	8.15am–8.45am SPR	12–12.30pm SPR	9.15–10.15am Body Pump
11am–12pm Body Balance	10–10.50am RPM	9.30–10.15am RPM	8.15–8.45am Body Combat	9.30–10.15am RPM	12.30–1pm Core X	10.15–10.45am SPR
12–12.30pm SPR	11–11.45am Body Combat	10.30–11am SPR	10–10.30am SPR	10.30–11am SPR	12.45–1.30 The Trip	2.45–3.35pm RPM
1–1.30pm Baby Body Pump*	1–1.30pm Baby Spin*	11am–12pm Body Balance	11am–12pm Body Pump	11.15–11.45am Core X	2.30–3.20pm RPM	4–4.50pm RPM

1-1.45 The Trip	4-4.50pm RPM	12-12.30pm SPR	12.45-1.15pm Baby Spin*	12-12.30pm SPR		
7.30-8pm Body Combat	4.45-5.30pm Virtual Dance	6-6.45 The Trip	4.00-4.50 RPM	2-2.30pm Baby Body Pump*		
8.15-9.05pm RPM	8.15-8.45pm SPR	7-7.30pm SPR	7.30-8pm Virtual Dance	7.30-8.15pm RPM		
		8.15-9.05pm RPM	8-8.50pm RPM	8.15-8.45pm Core X		
			8.30-9pm Core X			