

Hadrian Leisure Centre exercise class programme

Instructor-led classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00-08.45 Aqua HIIT	18.00-19.00 Body Pump	08.00-08.45 Aqua HIIT	09.30-10.15 AquaFit	09.30-10.15 Aqua Zumba	08.45-09.45 Body Conditioning	09.00-10.00 Body Pump
18.00-19.00 BLT	18.00-19.00 Circuits	18.00-19.00 Body Conditioning	18.00-19.00 BLT	18.00-18.45 Spinning	10.15-11.00 Spinning	09.30-10.15 AquaFit
18.00-19.00 HIIT	19.15-20.00 Spinning	19.00-19.45 AquaFit	18.40-19.40 Metafit	19.00-20.00 Pilates	10.30-11.15 AquaFit	10.15-11.00 Spinning
	19.15-20.00 AquaFit	19.30-20.30 Zumba	19.15-20.15 Body Pump			11.15-12.00 Spinning
			19.45-20.30 AquaFit			



The Parks exercise class programme

Instructor-led classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45-07.30 Spinning	09.30-10.30 Pilates	06.15-07.00 Spinning	09:30 – 10:30 Body Pump	06.45-07.30 Spinning	09.15-10.15 Circuits/HIIT	09.00-09.30 Functional Training
07.00-07.30 Functional Training	12.15 – 13.15 Spinning	07.00 – 07:30 Body Conditioning	10.30-11.30 Pilates	09.30 – 10:30 PIYO	09.45-10.30 Spinning	09.30-10.30 Pilates
09.30-10.30 Body Pump	17:15-18:00 PIYO	09:30 – 10:30 Legs, Bums & Tums	17.15 - 18:15 Circuits / HIIT	10.45 – 11.45 Nifty 50's	14.00-14.30 Functional Training	09.45-10.30 Spinning
11.00 -12.00 Pilates	17.45-18.45 Body Pump	11.00-12.00 Pilates	18:00 – 19:00 Body Pump	12:15 – 13:15 Circuits		
17.30-18.00 Metafit	18.00-18.45 Spinning	12.15-13.15 Circuits / HIIT	18.30-19.15 Spinning	13:45 – 14:45 Low impact circuits		
17.30-18.15 Spinning	19.00-19.30 Functional Training	18.00-19.00 Pilates		18:00 – 18:45 Metafit		
18.30-19.15 Spinning		18.00-18.45 Spinning				
18.00 - 19.00 Pilates						

Virtual classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00-08.30 Sprint	06.45-07.30 The Trip	07.15-07.45 Sprint	08.00-08.30 RPM	08.00-08.45 The Trip	08.15-09.00 The Trip	08.15-09.00 The Trip
12.30-13.15 The Trip	07.50-08.40 RPM	09.30-10.15 The Trip	09.30-10.00 Sprint	10.30-11.15 The Trip	12.00-12.50 RPM	12.00-12.45 The Trip
16.15-17.00 The Trip	14.00-14.30 Sprint	15.00-15.50 RPM	12.00-12.45 The Trip	13.30-14.20 RPM	14.00-14.45 The Trip	14.00-14.45 The Trip
20.00-20.50 RPM	16.00-16.45 The Trip	16.00-16.30 Sprint	15.30-16.00 Sprint	17.30 - 18.15 The Trip	15.00-15.30 Sprint	16.00-16.50 RPM
	19.30-20.15 The Trip	19.30-20.15 The Trip	17.00-17.30 Sprint			
			19.45-20.30 The Trip			



Tynemouth Pool exercise class programme

Instructor-led classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.15-10.15 Zumba Gold	09.00-09.45 Aquafit	09.30-10.15 Aqua Zumba	08.30-09.15 Aquafit	09.30-10.15 Aquafit	10.00-11.00 Body Combat	10.00-11.00 Zumba
10.15-11.00 Zumba Gold	09.30-10.30 Body Combat	09.30-10.30 Zumba	09.30-10.30 Body Combat	09.30-10.30 Zumba		
11.00-12.00 Pilates	09.45-10.30 Aquafit	10.30-11.30 Body Combat	10.30-11.30 Zumba	11.00-12.00 Pilates		
17.00-18.00 Zumba	11.00-12.00 Pilates	12.00-13.00 Yoga	12.00-12.45 Aquafit	17.30-18.30 Body Combat		
19.00-20.00 Body Combat	18.00-19.00 Body Combat	18.00-19.00 Body Combat	12.00-13.00 Pilates			
	19.45-20.30 Aquafit		18.00-18.45 LBT			



Virtual classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.30-8.00 Body Pump	07.30-8.00 Body Combat	07.30-8.00 Body Pump	07.30-8.00 Sh'Bam	07.30-08.00 Body Balance	09.20-09.50 Body Pump	08.45-09.45 Body Pump
08.10-08.40 Body Combat	08.10-08.40 Body Pump	08.10-08.40 Body Combat	08.10-08.40 Body Pump	08.10-08.40 Sh'Bam	11.15-12.15 Body Pump	11.15-12.15 Body Balance
08.50-09.20 Sh'Bam	08.50-09.20 Body Combat	08.50-09.20 Body Balance	08.50-09.20 Body Combat	08.50-9.20 Body Pump		
12.15-12.45 Body Pump	12.15-12.45 Body Combat	15.10-16.10 Body Pump	13.15-13.45 Body Combat	12.15-12.45 Body Combat		
12.50-13.50 Body Combat	13.00-13.30 Body Balance	16.15-16.45 Sh'Bam	14.00-14.30 Body Balance	13.00-13.30 Body Balance		
14.00-14.30 Sh'Bam	15.00-15.30 Sh'Bam	20.05-21.05 Body Pump	15.00-16.00 Body Combat	14.00-14.30 Body Combat		
15.00-16.00 Body Balance	16.15-16.45 Body Combat		16.15-16.45 Body Pump	15.00-15.30 Sh'Bam		
16.15-16.45 Body Pump	20.00-21.00 Body Pump		19.00-20.00 Body Pump	15.45-16.15 Body Pump		
20.10-21.10 Body Pump				16.15-16.45 Body Combat		



Waves exercise class programme

Instructor-led classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.25-10.10 AquaFit	08.30-09.15 AquaFit	09.15-10.15 Body Pump	08.15-09.00 AquaFit	09.15-10.15 Pilates	09.15-10.15 Body Combat	09.15-10.15 Body Pump
09.30-10.30 LBT	09.15-10.00 Strong Nation	09.25-10.10 AquaFit	09.15-10.15 Body Combat	10.45-11.30 Low Impact Circuits	10.45-11.45 Zumba	10.30-11.30 Piyo Flow
10.40-11.25 Body Combat	10.15-11.15 Zumba	10.45-11.45 Healthy Hearts	10.30-11.30 Body Pump	13.00-14.00 Body Balance		17.00-18.00 Yoga
12.00-13.30 Yoga	11.30-12.30 Healthy Hearts	12.00-13.00 Sculpt and Tone	12.00-13.00 Power Yoga	17.15-18.15 HIIT		
16.15-17.15 Yoga	13.30-14.30 Body Balance	17.15-18.15 Yoga	16.30-17.30 Pilates	18.45-19.45 Yoga		
17.30-18.00 Abs Blast	16.15-17.15 Body Pump	18.45-19.45 Pilates	18.15-19.15 Body Pump			
18.15-19.15 Body Pump	17.45-18.45 HIIT					
20.15-21.15 Pilates	19.00-20.00 Zumba					
	20.00-21.30 Yoga					
	20.30-21.15 Aqua Zumba					



Virtual classes:

Studio sessions are highlighted in blue.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.40-07.25 The Trip	06.40-07.25 The Trip	06.40-07.25 RPM	06.40-07.25 The Trip	06.40-07.10 Sprint	08.05-08.50 The Trip	08.05-08.50 The Trip
06.45-07.15 GRIT Cardio	06.45-07.15 GRIT Strength	06.45-07.15 GRIT Cardio	06.45-07.15 GRIT Strength	06.45-07.15 GRIT Cardio	08.15-08.45 GRIT Strength	08.15-08.45 GRIT Cardio
07.30-08.00 Body Combat	07.20-07.50 Body Combat	07.20-08.20 Body Combat	07.35-08.05 Sprint	07.30-08.15 The Trip	08.55-09.25 Sprint	08.55-09.25 Sprint
07.45-08.30 RPM	07.30-08.00 Sprint	07.35-08.20 The Trip	07.45-08.15 GRIT Cardio	07.45-08.15 Body Combat	09.35-10.20 RPM	09.35-10.20 RPM
08.10-08.40 Les Mills Core	07.55-08.25 Les Mills Core	08.30-09.00 GRIT Cardio	08.15-09.00 The Trip	08.30-09.00 Les Mills Core	10.30-11.15 The Trip	10.30-11.15 The Trip
08.40-09.10 Sprint	08.10-08.55 The Trip	08.30-09.00 Sprint	08.30-09.00 Les Mills Core	09.00-09.45 RPM	11.30-12.00 Sprint	11.30-12.00 Sprint
08.50-09.20 Grit Cardio	08.30-09.00 Grit Strength	09.10-09.55 The Trip	09.05-09.50 RPM	10.00-10.45 The Trip	12.00-18.00* Choose your class	12.00-13.00 Body Combat
09.20-09.50 Sprint	09.05-09.50 RPM	10.00-10.45 RPM	10.00-10.45 The Trip	11.00-11.30 Sprint	12.15-12.45 RPM	12.15-12.45 RPM
10.00-10.45 The Trip	10.00-10.45 The Trip	11.00-11.30 Sprint	11.00-11.30 Sprint	11.45-12.30 The Trip	13.00-13.45 The Trip	13.00-13.45 The Trip
11.00-11.45 RPM	11.00-11.30 Sprint	12.00-12.45 The Trip	11.45-12.30 RPM	12.45-13.30 RPM	14.00-14.30 Sprint	13.15-16.45* Choose your class
12.00-12.45 The Trip	12.00-12.45 RPM	13.00-13.45 RPM	12.45-13.30 The Trip	15.00-15.30 Sprint	14.45-15.30 RPM	14.00-14.30 Sprint
13.00-13.30 Sprint	13.00-13.45 The Trip	14.15-15.00 The Trip	14.00-14.30 Sprint	15.45-16.30 The Trip	15.45-16.15 Sprint	14.45-15.30 RPM
14.00-14.45 RPM	14.40-16.00* Choose your class	16.00-16.45 RPM	14.30-16.15* Choose your class	16.00-17.00 Body Pump	16.25-17.10 RPM	15.45-16.15 Sprint
14.00-16.00* Choose your class	15.00-15.30 Sprint	16.15-17.00 Body Pump	15.00-15.45 RPM	16.40-17.10 Sprint	17.15-18.00 The Trip	16.25-17.10 The Trip
15.30-16.00 Sprint	15.40-16.25 The Trip	17.00-17.45 The Trip	16.00-16.45 The Trip			17.15-18.00 RPM
16.10-16.55 The Trip	16.30-17.15 RPM	18.00-18.30 Sprint	17.00-17.30 Sprint	17.20-18.05 RPM		



17.10-17.40 Sprint	17.25-17.55 Sprint	18.45-19.30 RPM	17.45-18.30 RPM	18.15-19.00 The Trip		
17.50-18.35 RPM	18.05-18.50 The Trip	19.45-20.30 The Trip	18.45-19.30 The Trip	19.15-19.45 Sprint		
18.45-19.30 The Trip	19.00-19.45 RPM	20.00-21.00 Body Combat	19.20-20.20 Body Combat			
19.45-20.15 Sprint	19.55-20.25 Sprint	20.40-21.10 Sprint	19.40-20.10 Sprint			
20.25-20.55 Sprint	20.35-21.20 The Trip		20.20-21.05 The Trip			

*Choose your class – drop-in session, subject to availability. Ask one of our gym instructors to play your chosen studio-based class within this time period.



The Lakeside Centre exercise class programme

Instructor-led classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00-07.45 Spinning	07.00-7.30 Functional Training	07.00-07.45 Spinning	7.00-7.30 Functional Training	07.00-07.45 Spinning	08.45-09.30 Spinning	10.15-11.15 Body Combat
09.15-10.15 Body Pump	09.15-10.15 Body Balance	9.30-10.30 Yoga	11.00-11.45 Zumba Gold	09.15-10.15 Body Balance	09.00-10.00 Body Pump	
09.30-10.15 AquaFit	11.45-12.30 AquaFit	13.00-14.00 Low Impact Circuits	13.30-15.00 Line Dancing	18.00-18.45 Spinning	10.15-11.15 Body Combat	
17.45-18.45 Body Pump	18.00-19.00 Body Pump	17.30-18.30 Spinning	17.45-18.30 AquaFit	18.15 - 19.15 Body Balance	09.30-10.30 Step and Tone	
18.00-18.45 Spinning	18.00-18.45 Spinning	17.30-18.15 Box HIIT	18.00-19.00 Zumba			
19.00-19.45 Spinning	19.00-19.45 Spinning	18.00-19.00 Body Pump	18.15 – 19.15 Pilates			
	19.00-20.00 Pilates	19.10-19.55 Pilates	18.45-19.30 Spinning			
	19.30-20.30 Pilates	20.00-20.45 Pilates	19.45-20.30 Aqua Zumba			

Body Combat on a Sunday morning will alternate between live and virtual each week.



Virtual classes:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.00-08.00 Body Pump	06.45-07.35 RPM	06.45-07.15 Body Combat	06.45-07.30 RPM	06.45-07.30 Body Pump	10.15-11.05 RPM	08.45-09.30 Sh'Bam
08.15-08.45 Sprint	07.00-08.00 Body Pump	08.15-08.45 Sprint	07.00-08.00 Body Pump	08.30-9.15 RPM	12.00-12.30 Sprint	09.00-09.50 RPM
09.00-09.30 Sprint	08.15-08.45 Sprint	08.15-09.00 Body Pump	08.15-08.45 Sprint	09.45-10.35 RPM	12.30-13.15 Sh'Bam	10.15-11.15 Body Combat
09.45-10.35 RPM	09.45-10.35 RPM	09.45-10.35 RPM	10.00-10.50 RPM	11.15-11.45 Sprint	13.15-14.05 RPM	10.30-11.20 RPM
11.30-12.00 Sprint	11.00-11.45 Body Combat	11.00-12.00 Body Pump	11.15-11.45 Sprint	11.15-12.00 Sh'Bam	14.45-15.45 Body Pump	12.00-12.30 Sprint
11.45-12.45 Body Balance	11.30-12.00 Sprint	11.15-12.05 RPM	11.15-12.00 Body Combat	12.45-13.15 Sprint	15.00-15.30 RPM	12.00-13.00 Body Pump
12.40-13.10 Sprint	12.30-13.15 Body Balance	14.15-15.00 Sh'Bam	12.45-13.15 Sprint	14.00-15.00 Body Pump	16.30-17.00 Sprint	13.15-13.45 Sprint
14.00-14.30 Sprint	13.00-13.30 Sprint	15.45-16.15 Sprint	14.15-15.05 RPM	14.15-15.05 RPM		13.30-14.15 Sh'Bam
14.15-14.45 Body Combat	14.15-15.15 Body Pump	20.15-21.05 RPM	16.00-16.30 Les Mills Core	16.00-16.30 Sprint		14.45-15.35 RPM
15.30-16.30 Body Pump	14.30-15.00 Sprint		16.30-17.00 Sprint	17.15.-18.00 Body Pump		15.00-16.00 Body Pump
15.40-16.10 Sprint	16.00-16.50 RPM		19.30-20.15 Sh'Bam	19.30-20.10 RPM		16.00-16.50 RPM
20.15-21.05 RPM	16.00-16.45 Sh'Bam					

Body Combat on a Sunday morning will alternate between live and virtual each week.

