

# **GROUP TRAINING TIMETABLE**

## **Sheppey Leisure Complex**

- Monday – 9.30am – Step - with Amy**  
**10.30am –20-20-20 - with Jacqui**  
**12.30 – Phase 4 – with Debra**  
**7pm –Fitness Yoga with Jacqui**  
**8pm – Aqua Splash – Leanne**
- Tuesday – 9.30am – Tums & Bums – with Amy**  
**10.45am – Yoga S n R– with Jacqui**  
**6.30pm – Super Circuit – with Zoe**  
**7pm –20-20-20 – with Jacqui**
- Wednesday – 9.30am – Cardio Combat – with Amy**  
**12.30 – Pilates – with Cheryl**  
**7pm –Body Pump with Jacqui**  
**7pm – Aqua fit– with Leanne**
- Thursday – 9.30am – Total Body – with Amy**  
**11.00am –Young @ hearts – with Amy**  
**5.15pm – Junior Circuit – with Zoe**  
**6.30pm – Super Circuit – with Zoe**  
**7.30pm – Yogalates – with Cheryl**
- Friday – 9.30 –Fitness Yoga – with Jacqui**  
**12.00 – Aquacise – with Leanne**
- Sunday - 10.00 – Yogalates – with Cheryl**  
**6.30pm – Aqua Mums & Daughters**  
**With Leanne**

