

MON		TUE		WED		THUR		FRI		SAT	SUN
NEWPORT CENTRE											
9am-10am 10am-11am 11am-12pm 1pm-2pm 6pm-7pm 6.30pm-7.30pm 7pm-8pm 7.30pm-8.30pm	Aqua Fat Burners Legs, Bums & Tums Heart Throbs ^o Aerobics Circuit Training Step Yoga	9.30am-10.30am 10am-11am 10.45am-11.30am 1pm-2pm 2pm-3pm 5pm-6pm 6pm-7pm 6pm-7pm 7pm-8pm 7.30pm-8.30pm	Zumba Yoga [^] Spinning 50+ Aerobics Tai Chi Zumba Legs, Bums & Tums Ladies Conditioning Cross Training Aqua Aerobics	9am-10am 10am-11am 11am-12pm 11am-12pm 12-12.45pm 6pm-6.45pm 6pm-7pm 6.15pm-7.15pm 6.30pm-7.30pm 7pm-8pm 7.30pm-8.30pm	Aqua Step Pilates Aqua Cardio [^] Spinning Spinning Aerobics Pilates Circuit Training Legs, Bums & Tums Yoga	12.30pm-1.15pm 1pm-2pm 6pm-7pm 6pm-7pm 7pm-8pm 7.30pm-8.30pm	Spinning Aqua [^] Legs, Bums & Tums Ladies Conditioning Cross Training Aqua Aerobics	9am-10am 10am-11am 11am-12pm 5.30pm-6.30pm	Aqua Legs, Bums & Tums Pilates Zumba	10am-11am Circuit Training 10.30am-11.30am Spinning	
NEWPORT INTERNATIONAL SPORTS VILLAGE (ALL ACTIVITIES AT THE VELODROME UNLESS STATED)											
12.30pm-1.15pm 3pm-4pm 5.20pm-6.20pm 5.30pm-6.15pm 6.30pm-7.30pm 6.30pm-7.30pm 7.30pm-8.30pm 7.30pm-8.30pm	Spinning Heart Throbs ^o MVe Chair Spinning Spinning Legs, Bums & Tums Pilates Aqua Blast*	7.00am-7.45am 5.30pm-6.30pm 6.30pm-7.30pm 6.45pm-7.30pm 7.30pm-8.30pm 7pm-8pm 7.45pm-8.45pm	Spinning Circuits Bodyblast Intro to Spinning MVe Chair Aqua Blast* Spinning	7am-7.45am 11am-12pm 12.30pm-1.15pm 5pm-6pm 6pm-7pm 7.15pm-8.15pm 7.15pm-8.15pm	MVe Chair [^] COPD ^o Bodyblast Bodyblast Zumba MVe Chair Spinning	7am-7.45am 10am-12pm 1.30pm-2.30pm 2pm-3pm 5.30pm-6.30pm 6pm-7pm 6.30pm-7.30pm 7pm-8pm 7.30pm-8.30pm	Spinning Cross Training* Light Circuits Aqua Tone* Legs, Bums & Tums Spinning 20/20/20 Aqua Blast* Fitball	7am-7.45am 10am-11.30am 11pm-12pm 12.30pm-1.15pm 1pm-2pm 5.30pm-6.30pm 6.30pm-7.30pm	MVe Chair [^] Cross Training COPD ^o Spinning Heart Throbs ^o Spinning Kick Boxing	9am-10am Spinning 10am-11am Zumba	9am-10am MVe Chair 10am-11am Bodyblast 11.15am-12.15pm Spinning
UNDERWOOD											
7.30pm-8.30pm	Kickboxing	6.30pm-7.30pm	Zumba			6pm-7pm	Zumba				5pm-6pm Zumba
ACTIVE LIVING CENTRE											
12pm-1pm 12.45pm-1.30pm 5pm-6pm 6pm-7pm 7pm-8pm	Pilates Aqua Cardio [^] Zumbatomic (8yrs+) Zumba Zumba	6.30pm-7.30pm 7.30pm-8.30pm	Legs, Bums & Tums Aerobics	6pm-7pm 7pm-8pm	Step Legs, Bums & Tums	6pm-7pm 7pm-8pm	Zumba Zumba			9.30am-10.30am Zumba 10.30am-11.30am Fitball 11.30am-12.30pm Boxercise	9.30am-10.30am 20/20/20 10.30am-11.30am Zumba 5.30pm-6.30pm Zumba 6.30pm-7.30pm Zumba

All classes correct at the time of print. All class times include set-up and take-down time. Please note no admission to any class after it has commenced. Management reserve the right to change the programme at any time. For class descriptions, please see reverse.

*Tennis Centre / Pool ^o Referral classes only [^] Not suitable for beginners [^] Term Time Only Easy Classes