

CLASS TIMETABLE



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|-------------|------------------|------------------------|-----|-----|
| MON | 5.15 - 6.15 pm | Dance and Tone | A/L | S/H |
| | 6.15 - 7.15 pm | Dance and Tone | A/L | S/H |
| TUES | 10.00 - 11.00 am | Pilates Based Matwork | A/L | D/S |
| | 6.00 - 7.00 pm | Circuit Training | INT | S/H |
| | 7.30 - 9.00 pm | Yoga (Zoe) | INT | D/S |
| WED | 5.15 - 6.15 pm | Dance and Tone | A/L | S/H |
| | 6.15 - 7.15 pm | Dance and Tone | A/L | S/H |
| | 7.00 - 8.30 pm | Yoga (Beginners) (Zoe) | BEG | D/S |
| THUR | 6.30 - 8.00 pm | Yoga (Jayaben) | A/L | D/S |
| FRI | 9.30 - 10.30 am | Trim and Tone | A/L | S/H |
| | 5.30 - 6.30 pm | Street Dance | A/L | S/H |
| SAT | 10.00 - 11.00 am | Dance and Tone | A/L | S/H |
| | 11.00 - 12.00 am | Zumba | A/L | S/H |
| | 12.00 - 1.00 pm | Zumba (repeated) | A/L | S/H |
| | 1.00 - 2.00 pm | Junior Gym (14-15yrs) | JNR | GYM |
| | 3.00 - 4.00 pm | Tai Chi | A/L | S/H |
| SUN | 11.00 - 12.30 pm | Yoga (Elizabeth) | A/L | D/S |
| | 1.00 - 2.00 pm | Junior Gym (14-15yrs) | JNR | GYM |

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|------------|-------------------|---------------|------------------|
| KEY | JNR: Junior | BEG: Beginner | A/L: All Leves |
| | INT: Intermediate | ADV: Advanced | S/H: Sports Hall |
| | D/S: Dance Studio | GYM: Gym | |

CLASS DESCRIPTIONS

TAI CHI: The “soft” or “internal” style of martial art taught for self defence purposes. This class helps to improve blood and energy circulation, co-ordination and flexibility. Instructor – [Nasser Butt](#)

PILATES: Pilates based Matwork will strengthen the core (stomach and back muscles) through traditional Pilates exercises. Instructor - [Rachel](#)

CIRCUIT TRAINING: Considered to be the one of the best forms of exercise. Perfect for increasing fitness levels, muscular endurance and reducing body fat. Instructor – [Jit Joshi](#)

YOGA: Traditional style of Asian exercise using different positions and breathing techniques to improve flexibility, coordination and general wellness. Instructor – [Zoe / Jayaben / Elizabeth](#)

DANCE & TONE: A great, fun and easy body toning workout utilising the latest dance moves. This class helps to improve co-ordination, strength and general fitness. Instructor – [Sarah Wragg](#)

ZUMBA: A Latin inspired easy to follow calorie burning dance fitness party. Feel the music and let loose. Instructor – [Zeenat](#)

TRIM & TONE: An aerobic and body toning class involving low impact exercise, incorporating a wide variety of aerobic styles, using steps, dumbbells and fit balls. Instructor – [Tracey Rushin](#)

STREET DANCE: Learn all the moves from the latest dance videos in choreographed dance workouts, designed to improve your aerobic fitness. Instructor – [Lucy Bailey](#)

JUNIOR GYM: Supervised exercise on cardiovascular equipment and Motor Assisted Resistance Machines for 14 – 15 years old juniors in the mixed gym. The perfect session for encouraging children to take a break from the TV and lead a more active lifestyle. Instructor – [Fitness Team](#)

TERMS & CONDITIONS

- No members are to use the Sports Hall or other facilities without permission from a member of the Fitness Team.
- Please keep all personal belongings inside the lockers provided. Peepul Centre accepts no responsibility for the loss or damage to any personal items brought onto the premises.
- Lockers are emptied daily. Please remember to take all belongings home with you. Any items left behind will be subject to a £5.00 release fee.
- Due to Health & Safety regulations late arrivals will be refused admittance to any class which has already commenced.
- Please ensure that you let the Instructor/Coach know of any injuries you may be suffering from prior to commencing exercise.
- Peepul Centre reserves the right to change the timetabling of events/classes whilst also retaining the right to cancel classes at short notice.

SESSIONAL CLASS PRICES

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|---------------------------|-------|
| Adult Class 60+ minutes | £5.00 |
| Adult Class 30-60 minutes | £4.00 |
| Junior Class | £2.00 |

CLUB OPENING TIMES

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|------------------------------------|--------------------|
| Mon - Thurs | 7.00 am - 10.00 pm |
| Fri | 7.00 am - 9.00 pm |
| Sat & Sun | 8.00 am - 4.00 pm |
| (Last entry 1 hour before closing) | |