

Saturday

Potterne Park Pavillion

**9:15—10:00 am Indoor Cycling
(All abilities)**

All Potterne Park Pavilion Fitness Classes
require prior booking and payment

*Term Based Courses



01202 821007

FITNESS CLASS TIMETABLE

Monday

Potterne Park Pavilion

**6:15—6:45pm Indoor Cycling
(Fat Burner:All Abilities)**

7:00—8:30pm Yoga *

Verwood Leisure Centre

7:00—8:00pm Aerobics

Tuesday

Potterne Park Pavilion

9:30—10:25 am Pilates (Beginners)*

10.30—11.25am Pilates (Improvers)*

Verwood Leisure Centre

9:10—10.10 am Aerobics

6:00—6.30 pm Absolute Abs

6:30—7:00 pm Body Tone

7:00—8:00 pm Salsa / Dance Fit

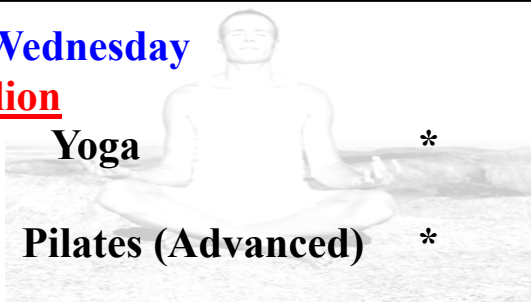
Wednesday

Potterne Park Pavilion

10:30am—12.00pm Yoga *

6:30—7:25 pm Pilates (Advanced) *

7:30—8:25 pm Pilates (Improvers) *



Verwood Leisure Centre

6:30—7:25 pm Circuit Blast

7:30—7.55 pm Circuit Footy

Thursday

Potterne Park Pavilion

6:30—7:00 pm Indoor Cycling (Beginners)

7:05—7:50 pm Indoor Cycling (Intermediate)

Verwood Leisure Centre

1:30—3:30 pm Active+ (50+ Open Sports)

8:30—10:00 pm Open Badminton

Friday

Potterne Park Pavillion

9:30—10:15 am Indoor Cycling (All abilities)

