

Church Stretton Leisure Centre Fitness Classes

Monday

9:15-10:00am Power Pump With Cerys	10:15-11:00am Stretch & Strengthen With Cerys	6:00-7:00pm Step Aerobics With Pam	7:00-8:00pm Body Conditioning With Pam	8:00-9:00pm The Power of Stretch With Pam
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Tuesday

9:15-10:00am Body Blast With Cerys	10:15-11:00am Cardio Sculpt With Cerys	11:15-12:00pm Barbell Blitz With Cerys	5:00 – 5:45pm Mobility Strength With Josie	6:00 – 6:45pm Circuits With Josie	7:00 – 8:00pm Yoga With Josie
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Wednesday

9:15-10:00am Body Conditioning With Lisa	10:15-11:00am Pilates With Lisa	11:15am-12pm Strength, Condition & Balance With EOR Team	6:00-7:00pm Kettles With Josie	7:00-8:00pm Yoga With Josie
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Thursday

9:15-10:00am Spin With Lisa	10:15-11:15am Yoga With Lisa	6:00-7:00pm Body Conditioning With Pam	7:00-8:00pm Stability Balls With Pam
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Friday

9:15-10:00am Pilates With Lisa	10:15-11:00am Kettles With Lisa	5:00-5:45pm Pilates With Lucy	6:00-6:45pm Spin With Lucy
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