

FULLWELL CROSS LEISURE CENTRE

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The instructors at The Studio are all qualified fitness professionals who will help you enjoy the fun and friendly atmosphere that all our classes offer. All classes can be joined by anybody who wants to have fun while getting fitter and looking after themselves.

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon	Studio 1				LEGS BUMS ABS	STEP	BODY CONDITION		BOB CHAIR			AEROBICS	STEP	BODY-SHOCK	
	Studio 2	SPINNING				SPINNING						ZUMBA	SPINNING	ZUMBA	
	Gym/Pool														
Tues	Studio 1			LADIES REC	AEROTONE	BODY CONDITION			CARDIAC REHAB			SIMPLY STRETCH	BODY MAX	PILATES	
	Studio 2	SPINNING	BODY CONDITION									BOX-ENIGMA		SPINNING	
	Gym/Pool						WATER AEROBICS				YOUTH FITNESS			GYM ZONE	
Wed	Studio 1			AEROBICS	PILATES	SIMPLY STRETCH	ACTIVE LIFESTYLE	BOB CHAIR					AEROBICS	SIMPLY STRETCH	20 20 20
	Studio 2	SPINNING			SPINNING	ABS	SPINNING	SPINNING						SPINNING	
	Gym/Pool														
Thurs	Studio 1		LADIES REC →		20 20 20		ACTIVE LIFESTYLE		CARDIAC REHAB		YOUTH FITNESS	SIMPLY STRETCH	AEROTONE	20 20 20	
	Studio 2	SPINNING				SPINNING							SPINNING	CIRCUITS	
	Gym/Pool						WATER AEROBICS				YOUTH FITNESS				
Fri	Studio 1				BODY CONDITION	LEGS BUMS ABS		ACTIVE LIFESTYLE					LEGS BUMS ABS	SIMPLY STRETCH	
	Studio 2	SPINNING	SPINNING	BOX-ENIGMA		SPINNING									
	Gym/Pool														
Sat	Studio 1			AEROBICS	LEGS BUMS ABS	STEP & TONE									
	Studio 2				SPINNING		SPINNING								
	Gym/Pool														
Sun	Studio 1				AEROBICS	BODY MAX									
	Studio 2					CIRCUITS							SPINNING		
	Gym/Pool														

Find out more visit www.vision-rcf.org.uk

