

# WANSTEAD LEISURE CENTRE

Redbridge Lane West, Wanstead, Essex E11 2JZ

T: 020 8989 1172 | E: wanstead@vision-rcl.org.uk

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9-10pm
Mon		← GYM ZONE							SALSA AEROBICS →			FEEL THE BURN →	
Tues		← GYM ZONE						BODY CONDITIONING →		PILATES →		← LEGS BUMS ABS	
Wed			← CARDIAC								← GYM ZONE		← CORE BLITZ
Thurs									PILATES →		← YOGA		CIRCUITS →
Fri													
Sat		← SALSA AEROBICS											
Sun			← YOGA										

