

Ryland Centre: Fitness Class Timetable



Monday 17 th December	Tuesday 18 th December	Wednesday 19 th December	Thursday 20 th December	Friday 21 st December	Saturday 22 nd December	Sunday 23 rd December
09:30 – 10:15 Indoor Cycling 10:30 – 11:30 Yoga 11:30 – 12:30 Aerobics 17:30 – 18:15 Indoor Cycling 18:00 – 19:00 Circuits 18:30 – 19:15 Indoor Cycling 19:00 – 20:00 Zumba 19:30 – 20:30 Pump	06:45 – 07:30 Yoga 09:30 – 10:15 Booty & the core 12:15 – 11.15 Pilates 17:30 – 18:15 Indoor Cycling 18:30 – 19:30 Hour of Power 18:30 – 19:15 Indoor Cycling 19:30 – 20:30 Pilates 20:30 – 21:30 Fitness Yoga	9:30 – 10:00 Metafit 10:00 – 10:45 Indoor Cycling 10:00 – 11:00 Fitness Yoga 11:00 – 12:00 Tai Chi 17:30 – 18:15 Indoor Cycling 18:30 – 19:15 Indoor Cycling	09:30 – 10:15 Pump 10:30 – 11:30 Pilates 17:30 – 18:15 Indoor Cycling 18:30 – 19:15 Indoor Cycling 19:30 – 20:30 Fitness Yoga	-CLOSED-	09:15 – 10:00 Indoor Cycling	09:00 – 10:00 Fitness Yoga 09:00 – 09:45 Indoor Cycling 10:00 – 11:00 Stretch & Tone
Monday 24 th December	Tuesday 25 th December	Wednesday 26 th December	Thursday 27 th December	Friday 28 th December	Saturday 29 th December	Sunday 30 th December
-CLOSED-	-CLOSED-	-CLOSED-	09:30 – 10:30 60 Minute Fatloss 17:30 – 18:15 Indoor Cycling 18:00 – 18:45 Cardio Abs 18:30 – 19:15 Indoor Cycling	09:30 – 10:30 60minute Fatloss 17:15 – 18:00 Indoor Cycling	08:30 – 09:00 Cardio Abs 09:00 – 10:00 Pump	09:00 – 09:45 Indoor Cycling
Monday 31 st December	Tuesday 1 st January	Wednesday 2 nd January	Thursday 3 rd January	Friday 4 th January	Saturday 5 th January	Sunday 6 th January
-CLOSED-	-CLOSED-	9:30 – 10:00 Metafit 10:00 – 11:00 Fitness Yoga 10:00 – 10:45 Indoor Cycling 17:30 – 18:15 Indoor Cycling 18:00 – 19:00 60 min Fatloss 18:30 – 19:15 Indoor Cycling	09:30 – 10:15 Pump 10:30 – 11:30 Pilates 17:30 – 18:15 Indoor cycling 18:00 – 18:45 Cardio Abs 18:30 – 19:15 Indoor Cycling	06:30 -07:00 Metafit 09:30 – 10:30 60minute Fatloss 11:00 – 12:00 Aerobics 17:15 – 18:00 Indoor Cycling 19:00 – 20:00 Fitness Yoga	08:30 – 09:00 Cardio Abs 09:00 – 10:00 Pump 09:15 – 10:00 Indoor Cycling 10:15 – 11:15 Combat	09:00 – 10:00 Fitness Yoga 09:00 – 09:45 Indoor Cycling 10:00 – 11:00 Stretch & Tone

You can book one of our fitness classes via our website www.rylandcentre.co.uk select book online, you will need your membership number, which you will find on the bottom left of your membership card. You can book your chosen class from 6.30am the day before. For example if you were looking to pre book Hour of Power at 6.30pm on a Tuesday you can book from 6.30am on a Monday. Of course we understand there will be times you have booked a class and circumstances change and you may need to cancel. You can do this by logging back in online via the book online section and you will see view future bookings and you can cancel your class here. **Please understand if you book a class and cancel within 2 hours of the class starting or don't turn up there will be a charge of £6.**

****Our timetable is subject to change due to instructor holiday and sickness**

01527 575 387
www.rylandcentre.co.uk