

GROUP FITNESS CLASSES



PENDLE WAVELENGTHS | LEEDS ROAD | NELSON | 01282 661717

Temporary class timetable 16th September – 22nd September

Monday 16th September

09.15am – 10.00am	Exercise for Health (water-based class) PENDLE WAVELENGTHS
10.00am – 10.45am	Strength & Conditioning Circuit THE ALBERT ROOM – COLNE MUNI
11.00am – 11.45am	Mindful Movement THE ALBERT ROOM – COLNE MUNI
12.15pm – 01.15pm	Yoga for the Unbendy (Mind and Body) THE ALBERT ROOM – COLNE MUNI
01.30pm – 02.45pm	Iyengar Yoga (18) (Mind and Body) THE ALBERT ROOM – COLNE MUNI
05.20pm – 05.50pm	Blast 30 (cardiovascular) THE MISSION, GOITSIDE, NELSON
06.00pm – 06.50pm	Group Power (Jo) (Strength and tone) THE MISSION, GOITSIDE, NELSON
07.00pm – 08.00pm	Group Fight (Jo) (cardiovascular) THE MISSION, GOITSIDE, NELSON
08.00pm – 08.45pm	HIIT (Jo)(cardiovascular) THE MISSION, GOITSIDE, NELSON

Tuesday 17th September

10.00am - 10.50am	Aerotone (Jo)(cardiovascular) THE ALBERT ROOM – COLNE MUNI
07.00pm – 07.50pm	Strength and Conditioning (Fi) SEEDHILL – WEATHER PERMITTING
08.00pm – 09.00pm	Boxercise (Fi)(cardiovascular) SEEDHILL – WEATHER PERMITTING

Wednesday 18th September

10.00am - 11.00am	Group Fight (cardiovascular) THE ALBERT ROOM – COLNE MUNI
11.15am - 11.45am	Abs of Steel (strength and tone) THE ALBERT ROOM – COLNE MUNI
12.00pm - 01.00pm	Jo's Mystery Class THE ALBERT ROOM – COLNE MUNI
12.30pm – 01.15pm	Ladies Only Aqua (water-based class) PENDLE WAVELENGTHS
06.00pm – 06.45pm	Circuits (cardio) THE MISSION, GOITSIDE, NELSON
07.00pm – 08.00pm	Mindful Movement (Mind and Body) THE MISSION, GOITSIDE, NELSON

Thursday 19th September

01.00pm – 01.45pm	Aquarhythmic (water based) PENDLE WAVELENGTHS
06.00pm – 06.50pm	Pump Start (Strength and conditioning) THE MISSION, GOITSIDE, NELSON
07.00pm – 07.45pm	Kettlebell Blast (cardiovascular) THE MISSION, GOITSIDE, NELSON
08.00pm – 08.45pm	Strength and Conditioning (Harry) (Strength and Tone) THE MISSION, GOITSIDE, NELSON

Friday 20th September

10.00am - 10.50am	Aerotone (cardiovascular) THE MISSION, GOITSIDE, NELSON
10.30am – 11.15 am	Exercise for Health (water-based class) PENDLE WAVELENGTHS
11.00am – 12.00pm	Iyengar Yoga (18) (Mind & Body) THE MISSION, GOITSIDE, NELSON
12.15pm - 01.00pm	HIIT (cardiovascular) THE MISSION, GOITSIDE, NELSON
12.00pm – 01.00pm	Adult Swimming Lessons PENDLE WAVELENGTHS

Saturday 21st September

09.30am - 10.30am	Group Fight (cardiovascular) THE MISSION, GOITSIDE, NELSON
10.45am - 11.30am	HIIT (cardiovascular) THE MISSION, GOITSIDE, NELSON
11.40am – 12.30pm	Fitness Pilates (mind and body) THE MISSION, GOITSIDE, NELSON

Locations

THE ALBERT ROOM – COLNE MUNI - The Muni Theatre, Albert Road, Colne, Lancashire, BB8 0AE

THE MISSION, GOITSIDE, NELSON - The Mission, Goitside, Nelson, Lancashire BB9 7XD

SEEDHILL – Surrey Rd, Nelson BB9 7TY

ALL CLASSES MUST BE PRE-BOOKED. A maximum of 20 customers per class unless otherwise stated.

www.pendleleisuretrust.co.uk/book-online/ or call Reception on 01286 661717

Timetable correct at time of print 03/01/24