

*Fitness  
Timetable*

[www.qe-leisure-centre.co.uk](http://www.qe-leisure-centre.co.uk)

Day	Activity	Time	Location	Instructor
Monday	Body Pump 	8.15am - 9.15am	Studio 2	Jocelyn
	Body Combat 	9.20am - 10.20am	Studio 2	Louise
	RPM  	9.30am - 10.20am	Cycle Studio	Liam
	Body Pump 	10.20am - 11.20am	Studio 2	Louise
	Motivators 50+ 	11.30am - 12.30pm	Studio 2	Laura
	Core Yoga	12.30pm - 1.30pm	Studio 2	Kate
	Body Pump Technique 	6.00pm - 6.15pm	Studio	Louise
	Body Pump 	6.15pm - 7.15pm	Studio	Louise
	Sivananda Yoga (Beginners) 	6.00pm - 7.30pm	Studio 2	Hayley
	RPM  	7.15pm - 8.05pm	Cycle Studio	Louise
	Body Attack Express	7.15pm - 8.00pm	Studio	Hilary
	Pole Dancing (not included in membership)	7.30pm - 8.30pm	Vibrogym	Becca
	Legs, Bums & Tums	8.00pm - 8.45pm	Studio	Hilary
Tuesday	Legs, Bums and Tums 	9.00am - 9.45am	Studio 2	Jocelyn
	RPM  	9.45am - 10.35am	Cycle Studio	Jocelyn
	Motivators Activity Morning 50+	9.45am - 12.15pm	Studio 2	Natalie
	Body Balance 	11.15am - 12.15pm	Studio 2	Becki
	Aquafit	3.15pm - 4.00pm	Pool	Kate
	Kids Cardio Beat (8+ years)	4.30pm - 5.30pm	CV Gym	Jocelyn
	Gym Challenge	5.30pm - 6.10pm	Pulse Gym	Jocelyn
	Body Jam	6.00pm - 7.00pm	Studio	Natalie
	Fitball Conditioning 	6.15pm - 7.00pm	Studio 2	Hilary
	RPM  	6.15pm - 7.00pm	Cycle Studio	Jocelyn
	Body Pump 	7.00pm - 8.00pm	Studio 2	Hilary
	Body Combat	7.00pm - 8.00pm	Studio	Louise
	Body Balance Express	8.00pm - 8.45pm	Studio	Louise
Core Yoga 	8.10pm - 9.10pm	Studio 2	Kate	
Wednesday	Body Combat 	9.20am - 10.20am	Studio 2	Hilary
	RPM  	9.30am - 10.20am	Cycle Studio	Jocelyn
	Body Balance 	10.20am - 11.20am	Studio 2	Hilary
	Kids Cardio Beat (8+ years)	4.30pm - 5.30pm	CV Gym	Jocelyn

Day	Activity	Time	Location	Instructor
Wednesday	Pulse Station Circuits	5.30pm - 6.30pm	Pulse Gym	Liam
	Zumba	5.45pm - 6.30pm	Studio	Jenny
	Sivananda Yoga (Intermediate) 	6.00pm - 7.30pm	Studio 2	Hayley
	20/20/20	6.30pm - 7.30pm	Studio	Laura
	RPM  	6.30pm - 7.20pm	Cycle Studio	Liam
	Body Pump	7.30pm - 8.30pm	Studio	Laura
	Sivananda Yoga 	7.30pm - 9.00pm	Studio 2	Hayley
	Pole Dancing (not included in membership)	7.30pm - 8.30pm	Vibrogym	Becca
		8.30pm - 9.30pm		
	Thursday	Body Pump 	8.15am - 9.15am	Studio 2
Body Attack 		9.20am - 10.20am	Studio 2	Jocelyn
RPM 		9.30am - 10.20am	Cycle Studio	Hilary
Body Pump 		10.20am - 11.20am	Studio 2	Louise
Motivators 50+		11.30am - 12.30pm	Studio 2	Hilary
Body Combat Technique 		6.15pm - 6.25pm	Studio	Hilary
Body Combat		6.30pm - 7.30pm	Studio	Hilary
Body Jam		6.30pm - 7.30pm	Studio 2	Natalie
Circuits/Boxercise		7.30pm - 8.30pm	Studio	Hilary
Body Balance 		7.30pm - 8.30pm	Studio 2	Becki
Aqua Express 	7.15pm - 8.00pm	Pool	Kate	
Friday	RPM  	9.30am - 10.15am	Cycle Studio	Jocelyn
	Body Combat Express 	9.15am - 10.00am	Studio 2	Louise
	Body Balance 	10.00am - 11.00am	Studio 2	Louise
	Pilates (not included in membership)	1.30pm - 2.30pm	Studio 2	Becki
	Body Pump	5.45pm - 6.45pm	Studio	Becki
Saturday	RPM  	9.30am - 10.15am	Cycle Studio	Louise
	Body Attack Express	9.30am - 10.15am	Studio	Jocelyn/Hilary
	Body Pump	10.15am - 11.15am	Studio	Jocelyn/Hilary

## VIBROFIT

Monday	★	6.00pm - 6.30pm	Hilary
Monday	★	6.30pm - 7.00pm	Hilary
Tuesday	★	5.30pm - 6.00pm	Hilary
Wednesday	★	11.30am - 12.00pm	Hilary
Thursday	★	10.30am - 11.00am	Hilary

## Body Sense VIBROGYM MEMBERSHIP

Available as interest free  
DD monthly payments

*Varying your fitness routine helps with motivation and challenges you.  
Build stamina, relieve stress, tone your body and lose those inches. Try a new class!*

Aquafit	Fun water based workout
Body Combat	Martial arts inspired energetic workout
Body Balance	Yoga and Pilates based
Body Pump	Bar bell resistance training
Body Attack	Athletic sports inspired aerobic workout
Circuits/Boxercise	All-round cardio vascular and weights based class
Bodyjam	Funky soundtracks and dance moves
Motivators	Fitness fun for the over 50's
Sivananda Yoga	Flowing style for posture and relaxation
Fitball Conditioning	Total body workout with the ball
Legs, Bums and Tums	Shape up your lower body
Core Yoga	Develop strength, tone and increase flexibility
20/20/20	20 mins each of step, body conditioning & abs
Zumba	Latin moves dance class
RPM Cycling	Studio cycling class

*All of the classes in this leaflet are included in a Body Sense Membership unless stated. Body Sense Membership is available as interest free DD monthly payments. During busy periods all classes may be subject to advance booking.*

*Minimum age for adult classes is 14 years (age 16 years for Body Pump)*

*Please note Information within this timetable was correct at the time of going to print,  
but can be subject to change*

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Making Fitness Fun with  
East Dorset District Council

