






Class timetable: 2022

Compass Kents Hill

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:30-7:15am	Cycle	6:30-7:15am	Bootcamp	6:30-7:15am	Strength	6:30-7:15am	Bootcamp	6:30-7:15am	Cycle	9-9:45am	Cycle	10-10:45am	Strength
10:30-11:00am	Fit Function	10:30-11:15am	Aqua	10:30-11am	Fit Function	10:30-11:15am	Aqua	10:30-11am	Fit Function	10:30-11:30am	Pilates Rebecca		
11:30am-12:30pm	Yoga	11:30am-12:30pm	Pilates	11:30am-12:30pm	Tai Chi	11:30am-12:30pm	Pilates	12:30-1pm	LBT	2-4pm	Member's badminton		
12:30-1pm	LBT	5:30-6pm	Tabata	12:30-1pm	Core	5:30-6pm	Tabata	6-6:45pm	Cycle				
5:30-6pm	Strength	6-7pm	Yoga	5:30-6pm	Strength	6-7pm	Yoga						
7:15-8pm	Boxfit	7:15-8pm	Cardio	6-7pm	Pilates	7:15-8pm	Strength						
				7:15-8pm	Boxfit								
				8-10pm	Member's badminton								

-  Muscular conditioning and toning
-  Aerobic fitness and calorie burning
-  Badminton – free for members
-  Extend relax and re-energise
-  Water based

For class bookings or for more information call 01908 358383.
It is recommended you pre-book Cycle classes.
For all other classes, please come along.