

### Mondays

9.15am-10.00am	Spin	Sammy
9.15am-10.00am	Box & Burn	Becky
10.15am-10.45am	Dance Fit	Sammy
10.15am-10.45am	Gym Circuits	Becky
5.30pm-6.15pm	Body Conditioning	Amanda
5.45pm-6.30pm	Strong Nation	Sammy
6.00pm-6.45pm	Spin	Becky
6.30pm-7.15pm	Step Aerobics	Amanda
6.45pm-7.30pm	Box & Burn	Sammy
7.00pm	Run Club - Beginners	Oakwood BD

### Thursdays

9.15am-10.00am	Circuits	John R
10.15am-10.45am	Spin	Lisa
10.15am-11.00am	Swiss Ball Toning	Neil
12.00pm-12.30pm	Kettlebells	Lisa
5.00pm-5.45pm	Pump	Sammy
6.00pm-6.45pm	Box & Burn	Becky
6.45pm-7.45pm	HYROX	Coaching Team
7.00pm-7.45pm	Spin	Becky
7.00pm-7.45pm	Run Club - General	Oakwood BD

### Tuesdays

9.15am-9.45am	Metacon	Sammy
10.00am-10.45am	Spin	John C
10.00am-10.45am	Pump	Sammy
12.00pm-1.00pm	Pilates	Cathy (online)
5.30pm-6.15pm	Body Conditioning	Neil
5.45pm-6.30pm	Circuits	John R
5.45pm-6.15pm	Spin	John C
6.30pm-7.45pm	HYROX	Coaching Team
6.30pm-7.15pm	Dumbbell Strength	John C

### Fridays

9.15am-9.45am	Metacon	John C
10.00am-10.45am	Spin	John C
10.00am-10.45am	Pump	Neil
11.30am-12.10pm	Pilates Circuits	Cathy
12.15pm-12.55pm	Combat	Cathy
6.00pm-6.45pm	Circuits	John R

### Wednesdays

9.15am-9.45am	Spin	Becky
9.15am-9.55am	Combat	Cathy
10.00am-10.45am	Spin	Becky
10.00am-10.45am	Pilates Circuits	Cathy
12.00pm-12.45pm	Body Conditioning	Amanda
5.45pm-6.30pm	Spin	Becky
6.00pm-6.45pm	Circuits	John R
6.00pm-6.45pm	Body Conditioning	Neil

### Saturdays

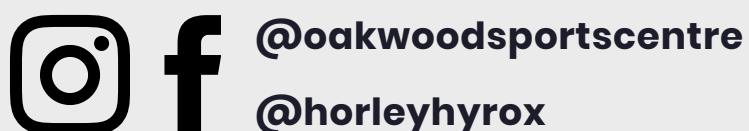
9.00am-9.45am	Box & Burn	Becky
9.00am-9.45am	Strong Nation	Sammy
10.00am-10.45am	Zumba	Sammy
10.00am-10.45am	Spin	Becky

### Sundays

9.00am	Run Club - Long	Oakwood BD
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Scan QR for live timetable  
(availability, changes, class cover)  
and to download the Clublink app.



Running Club is organised by the Oakwood Black Dogs.  
It is free to all. Meeting place is sports centre car park.