

# Abbey Leisure Centre

## Fitness Timetable

### Monday

Combat workout 6.00pm - 7.00pm  
Salsa Aerobics 7.00 - 8.00pm  
Indoor Cycling 8.15pm - 9.00pm

### Tuesday

Circuits 6.30pm - 7.30pm  
Pump FX 7.30pm - 8.30pm

### Wednesday

Fitness Stretch 10.00am - 11.00am  
Indoor Cycling 11.15am - 12.00pm  
Aqua 12.00pm - 1.00pm  
Salsa Aerobics - 6.00pm - 7.00pm  
Combat workout 7.00pm - 8.00pm  
Aqua 7.00pm - 8.00pm



### Thursday

Bodytone 10.00am - 11.00am  
Forever Young 11.00am - 12.00pm  
Circuits 6.30pm - 7.30pm  
Blast FX 7.30pm - 8.30pm  
Aqua 8.00pm - 9.00pm

### Friday

Legs, Bums, Tums 10.00am - 11.00am  
Bodytone 11.00am - 12.00pm  
Combat Circuits 6.00pm - 7.00pm  
Indoor Cycling 7.00pm - 8.00pm

### Saturday

Cheerleading (juniors)  
9.00am - 1.30pm

### Sunday

Aqua 5.00pm - 6.00pm

**(01757) 213758**

[www.selbyleisure.co.uk](http://www.selbyleisure.co.uk)

All classes £3.80 per session  
for non-members!