

Woodbank Fitness Centre

Exercises Class Timetable 2024



MONDAY	6.30 - 7.00 Abs Blast	9.15 - 10.00 Kettlebell Conditioning		17.15 - 18.00 Spin	
TUESDAY	6.30 - 7.00 HIIT	9.15 - 10.00 Zumba		17.15 - 18.00 Bootcamp	
WEDNESDAY	6.30 - 7.00 Bootcamp	9.15 - 10.00 Group Circuits		17.15 - 18.00 Boxfit Circuit Class	
THURSDAY	6.30 - 7.00 Metafit	9.15 - 10.00 Spin		17.15 - 18.00 Hyrox Class	
FRIDAY	6.30 - 7.00 Full Body Blitz	9.15 - 10.00 LIIT (low impact)		17.00 - 18.00 Yoga Class	17.15 - 18.00 Hyrox Class
SATURDAY		9.15 - 10.00 Body Conditioning	10.30 - 11.30 Teen Gym Session	<i>10.30 session is for anyone over the age of 16 years old, looking to getting a bit more knowledge of the gym</i>	
SUNDAY		9.15 - 10.00 Spin & Abs	10.30 - 11.30 Teen Gym Session	<i>10.30 session is for anyone over the age of 16 years old, looking to getting a bit more knowledge of the gym</i>	

HOW TO BOOK ONLINE

1. Go to - <https://shell.legendonlineservices.co.uk/woodbank/account/login> or scan the 'QR Code'.
2. Enter your account details.
3. If you don't have an account please contact Woodbank Sports Centre.
4. Go to the 'Class Timetable' tab.
5. Select the class you want to book in for.
6. Follow instructions on screen for payment or if you have pre-paid for a block select 'Use Voucher'.



CLASSES ARE £4 PER CLASS OR £30 FOR A BLOCK OF 10

Class blocks are only available to purchase at Woodbank Sports Centre and not available online

If you require any further information please see an instructor or email Fitness-Woodbank@shell.com or call on 01224 88 4771