

Woodbank Fitness Centre

Exercises Class Timetable 2023



MONDAY	6.30 - 7.00	9.15 - 10.00		17.15 - 18.00	
	Core conditioning	Kettlebell & TRX		Spin	
TUESDAY	6.30 - 7.00	9.30 - 10.15		17.15 - 18.00	19.00 - 19.30
	HIIT	Zumba		Bootcamp	HIIT
WEDNESDAY	6.30 - 7.00	9.15 - 10.00		17.15 - 18.00	19.00 - 19.30
	Bootcamp	Circuits		Tabata	Abs Blast
THURSDAY	6.30 - 7.00	9.15 - 10:00		17.15 - 18.00	19.00 - 19.30
	Metafit	Spin		Woodbank Pump	Metafit
FRIDAY	6.30 - 7.00	9.15 - 10.00		17.00 - 18.00	
	Full Body Condition	LIIT		Yoga Class <i>held in meeting room</i>	
SATURDAY		9.15 - 10.00	10.15 - 11.00		
		Group Strength & Circuits	Bootcamp		
SUNDAY		9.15 - 10.00	10.15 - 11.00		
		Sprint (Spin) & Abs	Stretch & Mobility		

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.