### Class Timetable

#### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Theatre</th>
<th>Sports Hall</th>
<th>Bar</th>
<th>Large Sports Hall</th>
<th>Arena</th>
<th>Gallery</th>
<th>Squash Courts</th>
<th>Pool</th>
<th>Family</th>
<th>Zest 1</th>
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</thead>
<tbody>
<tr>
<td>23:30</td>
<td>Flashback</td>
<td>Salsacize</td>
<td>Fusion</td>
<td>Climbing Wall</td>
<td>Beginners</td>
<td>Fiona</td>
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<tr>
<td>3:15</td>
<td>Scooby</td>
<td>Steve</td>
<td>Stuart</td>
<td>Activities Team</td>
<td>Yoga</td>
<td>Nathan</td>
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<tr>
<td>3:30</td>
<td>Strut</td>
<td>Bringing</td>
<td>Oom Pa Pa</td>
<td>HIIT</td>
<td>Beginners</td>
<td>Yoga</td>
<td>Hedgehog</td>
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<tr>
<td>4:15</td>
<td>Stuart</td>
<td>Shorty Back</td>
<td>Jo</td>
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<td>Nathan</td>
<td>Yoga</td>
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<tr>
<td>4:30</td>
<td>70's Party</td>
<td>Street &amp; Commercial</td>
<td>Michael Jackson Mix Jo</td>
<td>Padwork</td>
<td>London</td>
<td>Hip Openers</td>
<td>Pulseroll</td>
<td>Limited Spaces</td>
<td>Pool Camp</td>
<td>Stuart</td>
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<tr>
<td>5:00</td>
<td></td>
<td>Scooby</td>
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#### Saturday

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<thead>
<tr>
<th>Time</th>
<th>Theatre</th>
<th>Sports Hall</th>
<th>Bar</th>
<th>Large Sports Hall</th>
<th>Arena</th>
<th>Gallery</th>
<th>Squash Courts</th>
<th>Pool</th>
<th>Zest 3</th>
<th>Zest 1</th>
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<tbody>
<tr>
<td>7:45</td>
<td>Chair Yoga</td>
<td>The Sculptress</td>
<td>Spice Girls</td>
<td>90s Pop Cardio</td>
<td>Stuart</td>
<td></td>
<td>Racquetball for Beginners</td>
<td></td>
<td>Mix</td>
<td></td>
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<tr>
<td>8:30</td>
<td>Maria</td>
<td>Kathy</td>
<td>Jo</td>
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<tr>
<td>10:00</td>
<td>Pop Princess</td>
<td>Putting On</td>
<td>Kettlebell &amp; Body</td>
<td>Zumba</td>
<td>Dynamic</td>
<td>Yoga</td>
<td>Racquetball Mix</td>
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<tr>
<td>11:00</td>
<td>Mashup Jo</td>
<td>The Rit Z</td>
<td>Circuit</td>
<td>George</td>
<td>Yoga</td>
<td>Nathan</td>
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<tr>
<td>11:15</td>
<td>Love Aerobics</td>
<td>Irish Line</td>
<td>Sweat Fest</td>
<td>Fight Club</td>
<td>Complete</td>
<td>Core</td>
<td>Aqua Circuits Jordan Bookable</td>
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<tr>
<td>12:00</td>
<td>Jo</td>
<td>Jo</td>
<td>Kathy and Jordan</td>
<td>Keri</td>
<td>Fiona</td>
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<tr>
<td>2:00</td>
<td>Dirty Diana</td>
<td>It's Never Tu</td>
<td>Bhangraeise</td>
<td>Bootybarre BOOKABLE</td>
<td>Beginners</td>
<td>Yoga</td>
<td>Nordic Walking Taster Sunny For All Bookable</td>
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<tr>
<td>2:15</td>
<td>Burlesque</td>
<td>Late To Start Ballet</td>
<td>Sunny</td>
<td>BOOKABLE</td>
<td>Yoga</td>
<td>Nathan</td>
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<tr>
<td>2:30</td>
<td>Kathy</td>
<td>Molly</td>
<td>(TAP)</td>
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<tr>
<td>3:15</td>
<td>Mary Poppins!</td>
<td>Lip Sync For Your Life</td>
<td>Bollywood</td>
<td>Zumba Strong</td>
<td>Antastha Yoga Nathan Limited Spaces</td>
<td>Pulseroll Helen Bookable</td>
<td>Bathing Beauties Stuart Bookable</td>
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<tr>
<td>3:30</td>
<td>Jo</td>
<td>Steve</td>
<td>Sunny</td>
<td>George</td>
<td>Yoga</td>
<td>Nathan</td>
<td>Below The Belt Jordan Bookable</td>
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<tr>
<td>4:30</td>
<td>Street &amp; Lyrical</td>
<td>Deep Stretch</td>
<td>Kathy</td>
<td>80's Old School Aerobics</td>
<td>George</td>
<td>OnB Workout Ken</td>
<td>Balance &amp; Restore Nathan</td>
<td>Pilates For Backs Helen Limited Spaces</td>
<td>Mamma Mia Fiona Bookable</td>
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#### Sunday

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<thead>
<tr>
<th>Time</th>
<th>Theatre</th>
<th>Sports Hall</th>
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<th>Pool</th>
<th>Zest 3</th>
<th>Zest 1</th>
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<tbody>
<tr>
<td>7:45</td>
<td>Chair Yoga</td>
<td>Street 101</td>
<td>Salsacize</td>
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<td></td>
<td>Raquetball Max</td>
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<tr>
<td>8:30</td>
<td>Maria</td>
<td>Scooby</td>
<td>Steve</td>
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<tr>
<td>9:45</td>
<td>Greatest Showman Dance Off</td>
<td>Greatest Showman Dance Off</td>
<td>Armageddon Kathy</td>
<td>Block Fit</td>
<td>Lindsay</td>
<td>Poleates Helen BOOKABLE</td>
<td>Raquetball Max</td>
<td>Legs, Bums &amp; Tums Stuart Limited Spaces</td>
<td></td>
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<tr>
<td>10:30</td>
<td>Dance Off - Team Jo</td>
<td>Dance Off - Team Scooby</td>
<td>Starts at 9:30</td>
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<tr>
<td>11:30</td>
<td>Belly Dancing</td>
<td>Strictly</td>
<td>Ballroom</td>
<td>Bbarless Geoge Limited Spaces</td>
<td>Sweet &amp; Tone Poools</td>
<td>Restorative Yoga Nathan</td>
<td>Release Me Helen Limited Spaces</td>
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**Class Types:**  
- Dance  
- Aerobic (Low/High/Walks/Step)  
- Aqua  
- Mind and Body  
- Conditioning  
- Combat  

Bookable Classes - Please book on the day between 8.30am – 9.00am (Saturday & Sunday) at the exercise+dance information desk.
**FRIDAY 8TH MARCH**

**DANCE**

*Bringing Shorty Back* | Using authentic jazz steps from the 20s and 30s this is mainly a solo routine, with partner work kept to a minimum. Lots of fun with the ‘Shorty George’ and other steps... let yourself go and SWING.

*Flashback* | Travel back to the year 2000 with the massive number 1, Gotta Tell You by Samantha Mumba. Join Scooby for a fun Old Skool Street class with easy to follow choreography.

*Michael Jackson Mix* | Time to pull up your white socks and adorn yourself with a sparkly glove! Including some of Michael Jackson's best, join Jo for a fantastic Michael Jackson dance party!

*Omm Pa Pa* | Omm pa pa, Omm pa pa that’s how it goes..... you know you want to sing along! From the popular classic Oliver, innovative Jo has designed a fabulous class to this well-known song. Join her for lots of laughs in a class not to be missed!

*Salsazie* | This is an amazing exercise class that fuses all the Latin dance styles into one fitness workout! Join our wonderful Steve and salsa yourself fit!

*Street & Commercial* | You asked, so Scooby delivered! An Improvers / Intermediate Street class full of sassy choreography with a great track by Louisa Johnson. This will make you dance with attitude.

**CARDIO**

*70s Party* | Disco Fever has entered the building with a Hi/Lo 70s cardio party. Come and join Kathy in your comfortable and outrageous 70s outfits for a fun and easy to follow cardio class. Guaranteed to make you sing loud and sweat lots!

*Strut* | Own the floor and join Stuart in this brilliantly fun dance fitness class that is turned up on attitude and sass.

*Climbing Wall* | The Activity Team will show you how to literally climb the walls at Potters! Great fun and a fantastic workout.

*Fusion* | Come and sweat with Stuart in this mash up class of cardio, conditioning, combat and HIIT!

*HIIT* | High Intensity Interval Training is a class that has short, intense bursts of physical activity, paired with intervals of quick rests. An effective class that is great for improving your cardiac function and burning calories.

*Outdoor Bootcamp* | A fun fitness class designed for maximum calorie burn in the shortest amount of time! Outdoor Bootcamp will challenge your body and your mind, and delivers on results. Join Jordan for a great workout.

**COMBAT**

*Padwork* | Martial arts/combat based approach to fitness, which is suitable for any ability, and previous experience isn’t needed. Jab and hook your way through the class.

*Pilates* | Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance. Let Fiona gently introduce you to this amazing workout.

*Hedgehog Pilates* | The ‘Hedgehog’ works like a foam roller, spiky ball, spine stretcher and balance board to add variety and challenge to familiar exercises that stretch, strengthen, and condition. Let Helen take you through this innovative class step by step.

Legs, Bums & Tums* | A class that does exactly what it says on the tin, toning those all important areas with Kathy.

*Full Body Pilates* | A vibrating massage foam roller! Join the Pulseroll UK events manager Helen in this amazing all over vibrating foam roller massage with four vibration settings! Benefits include to improve mobility and flexibility, a boosted immune system, improved circulation, released tension in the muscles, and it aids recovery and leaves your body feeling super released. The most amazing superfit fascia release.

*Sculp* | A class that will help you shape and tone your whole physique. Come and meet Fi and enjoy her innovative and effective class.

*Beginners Yoga* | A great class taught by our very own and very experienced Yoga expert Nathan. Let him help you begin your yoga journey - you’ll be in safe hands.

*Hip Openers* | A fantacy yoga class focusing on Hip Openers, releasing tension from the hips and the lower back to improve mobility and flexibility. Let Nathan show you how.

**AQUA**

*Pool Camp* | Join Stuart in the pool for an easy to follow aqua class, with great tunes and results using Hydrostatic pressure to shape and tone those muscles!

*Absolute Abs* | A class that will work specifically on your core. Working muscles in your complete tose, you will be amazed at how beneficial this class can be to your exercise regime.

**CONDITIONING**

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**SATURDAY 9TH MARCH**

**DANCE**

*Dirty Diana Burlesque* | A fantastic feel good fitness Burlesque class to Michael Jackson's Iconic Dirty Diana! A chair/floor routine full of head circles and leg strokes! Not for those with any knees or joint injuries. Don't forget leg warmers/ knee pads if you have them. Let Kathy show you how.

*Irish Line Dance* | Line Dancing with a touch of the Irish with some old favourites and some new! Join Steve for a fun easy to follow class.

*It's Never Tutu Late To Start Ballet* | A beginners ballet class for those who have never tried ballet or haven't done it for years! A mixture of short exercises for flexibility, coordination and strength, followed by a short routine.

*Love Aretha* | R-E-S-P-E-C-T, Find out what it means to me..... Who doesn't love Aretha? Join Jo for a sing along with easy to follow choreography, and you won’t be able to take the smile off your face in this dance class. It’s gonna be fun!

*Lypsync For Your Life* | Dance to RuPaul’s Kitty girl with choreography picked at Intermediate / Improvers level, however it can be slightly adapted. Come and strut with attitude with Scooby.

*Mary Poppins* | Join jo for this high energy upbeat class, to the wonderful tunes of the classic film Mary Poppins. Feel fresh dream up, but most of all bring your singing voice! A feel good class suitable for everyone.

*Pop Princess Mashup* | The likes of Jlo, Britney and Beyonce mashed together! Some of their greatest hits that everyone can sing along to, whilst performing. Jo easy to follow choreography! A feel good class that you cannot afford to miss.

*Putting On The Ritz* | What better way to start your Saturday than with this amazing tap class with Molly. A jazzy, showbiz routine to get you smiling and singing!

*Spice Girls* | For those that love to dress up, this is the class! Will you be Scary, Sporty or Baby? You told us what you really really wanted and here it is... The Spice Girls! Fun and energetic choreography by the lovely Jo.

*Street & Lyrical* | For the first time Scooby brings you his lyrical class! To the emotionally charged track by Disturbed, let Scooby show you how to portray your emotions through movement. Slow and controlled.

**CARDIO**

*80's Old School Aerobics* | Time to brush off that 80's look out! These aerobics with 80s Aerobics is back and is full of grapevines, tap behinds, high knee runs and songs you want to sing loud to! Come and see George for a sweaty trip down memory lane.

*Dirty Diana Burlesque* | A fantastic feel good fitness Burlesque class to Michael Jackson's Iconic Dirty Diana! A chair/floor routine full of head circles and leg strokes! Not for those with any knees or joint injuries. Don't forget leg warmers/ knee pads if you have them. Let Kathy show you how.

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Zumba Gold  A class full of fun, smiles and laughter; all the unique qualities of a Zumba class, but created for those seeking a low-impact alternative. Zumba Gold is perfect for the beginner, active older adult or thoselooking for all the enjoyment with maybe a little less sweat!  

Zumba Strong  A class designed for fitness enthusiasts and students looking for a more challenging, high intensity interval training workout. One of the newest classes released by Zumba! Join George to see what Strong by Zumba is all about.

Complete Core  A class that will work specifically on your core. Working muscles in your complete torso, you will be amazed at how beneficial this class can be to your exercise regime.

Deep Stretch  What better way to finish a full day of classes than with this relaxing deep stretch class, so lengthen and stretch and unwind with Kathy. Come and find out why stretching should be incorporated in to your weekly exercise routine. A beautifully relaxing class to end the day. Not suitable for those with injuries.

Hedgehog Pilates  The ‘Hedgehog’ works like a foam roller, spiky ball, spine stretcher and balance board to add variety and challenge to familiar exercises that stretch, strengthen, and condition. Let Helen take you through this innovative class step by step.

Pilates For All  Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance. A fantastic class for everyone including those that have never tried it before.

Pilates For Backs  Let Helen introduce you to Pilates for backs, concentrating on strengthening the whole back which is many people’s problem area. Easy to understand and follow, and amazingly effective.

Pulseroll  A vibrating massage foam roller! Come and join the Pulseroll UK events manager Helen with this amazing all over vibrating foam roller massage, with four vibration settings! Benefits to include are improved mobility and flexibility, a boosted immune system, improved circulation, released tension in the muscles, and it aids recovery and leaves your body feeling super released.

The Sculptress  Don’t be fooled - this is not a lay on the floor workout! A complete whole body workout utilising your own body weight to help you sculpt and tone your body. Join innovative Kathy to learn how to update your workout to make your body efficient in achieving your own sculpting goals.

CONDITIONING  Below The Belt  Working on all the muscles below the belt! Abs, Glutes, Hamstrings, Quads, Calves, Back and Thighs will all get a workout in Jordan’s fantastic toning class.

BootyBarre  A sexy, energetic, fun workout fusing fitness techniques from Dance, Pilates, and Yoga that will tone, define and reshape the whole body. No Dance experience necessary, the instructor will teach you all you need to know.

Chi Ball Massage  A class that will work specifically on your core. Working muscles in your complete torso, you will be amazed at how beneficial this class can be to your exercise regime.

MIND & BODY  Balance and Restore  This class will aim to help your mind let go of stress and worry, by using your body to give you something to focus on. As you gradually release tension from the body, you also use various techniques to help calm and still the mind while improving your concentration skills. Nathan is there to take you through this step by step.

Beginners Yoga  A great class taught by our very own experienced Yoga expert Nathan. Let him help you begin your yoga journey - you’ll be in safe hands.

Antastha Yoga  This class will encourage you to focus on your inner awareness of how your body moves and feels, through the practice of Pratyahara – the withdrawal from the senses, an ancient and effective meditation practice. In this class, you will be given a blindfold to wear throughout the practice, a sequence of postures aimed at empowering physical healing and empowerment, while the mind reaches a deep peaceful stillness. By practicing Yoga with a blindfold, we are turning away from a source of distraction, and directing our awareness inwards, achieving a great sense of mindfulness. The practice is suitable for all, the sequence will not push you to challenge, but will amaze you at its effectiveness.

Chair Yoga  A chair-based warm up to prepare your body for the rest of the day. Warm up the muscles, and joints, in an easy to follow style with Maria.

Strictly Ballroom  Let Steve introduce you to the wonderful world of ballroom with some Cha Cha, Foxtrot and a few more thrown in for good measure. Suitable for everyone.

CARDIO  Armegeddon  A class that amalgamates a fitness class with Personal Training, using Variable Intensity Interval Training. Come prepared to work hard with Kathy. Please note this is an intensive workout and not suitable for those with any injuries.

Bbarreless  Bbarreless is a fusion style class with a true foundation of Pilates performed to the beat of the music. Experience a mind body connection fused with dance, pilates and Yoga. You will challenge the core for balance and total body proprioception with George in this amazing class.

Block Fit  Block Fit is four workouts in one class. An all in one fitness brand that fuses Dance, Combat, HI/Lo interval training and yoga inspired moves and meditation. Come and see what this fitness craze is all about.

Fancy a Run?  Up early and fancy a run? Come and join Jordan for a friendly run around the local area. Let Max, Potters own Raquetteball, introduce you to this unique sport.

SUNDAY 10TH MARCH  DANCE  Belly Dancing  An Eastern delight belly dance class where you will learn fun, dynamic choreography that Shakira herself would be jealous of.

The Greatest Showman - Team Jo  When you’re good, you’re good, so Scooby has no chance! If you want to win the dance-off you need to be on Jo’s team! The experienced choreographer is competitive and is fantastic on making even a novice look like a professional on the dance floor, so come and join Jo as she shows you step by step her sassy and OTT sections of choreography. Please wear something red for the performance so we can turn up in team colours.

The Greatest Showman - Team Scooby  Ladies and Gents this is the moment you’ve waited for...after defeating Jo and George on previous breaks, Scooby is determined to get his third win! Performing to the title song The Greatest Show, the choreography is suitable for all levels. Please wear something green for the performance so we can turn up in team colours.

Salsacize  This is an amazing exercise class that fuses all the Latin style dances into one fitness workout. Join our wonderful Steve and salsacize yourself fit.

Street 101  YES, IT’S BACK...Steps the sequel! This popular class is back on the timetable and is full of classic Steps tracks, and easy to follow dance steps! A class for complete Street newbies / beginners.

Release Me  A flow of clinical three-dimensional movements to stretch and release you through all planes of movements. This class will give you an all over release with some “me” time at the end with relaxation.

Chair Yoga  A chair based warm up to prepare your body for the rest of the day. Warm up the muscles, and joints, in an easy to follow style with Maria.

For those who want to really relax and unwind the body and the mind, then this is the class for you. This class does require students to sit for some time, but there is always the option of lying down if uncomfortable.