

TEME CLEOBURY

PHASE 1 OUTDOOR CLASS TIMETABLE

MONDAY

Start	End	Duration	Class Name	Instructor
18:00	18:45	45	Body Pump	Connor
19:00	19:45	45	Static Circuits	Connor

TUESDAY

Start	End	Duration	Class Name	Instructor
18:00	18:45	45	Insanity	Steve
19:00	19:45	45	Cardio Core	Deena

WEDNESDAY

Start	End	Duration	Class Name	Instructor
18:00	18:45	45	Step	Deena
19:00	19:45	45	Boot Camp	Steve

THURSDAY

Start	End	Duration	Class Name	Instructor
18:00	18:45	45	Studio Cycling	Rich
19:00	19:45	45	Hiit	Rich

FRIDAY

Start	End	Duration	Class Name	Instructor
18:00	18:45	45	Circuits	Alternating Instructors

**SOCIAL DISTANCING MARKERS
TO IDENTIFY YOUR WORKOUT AREA**

**NO WALK INS PERMITTED.
PRE-BOOKING ONLY**

**ENTRY INTO THE CENTRE WILL
NOT BE AVAILABLE**

**WE ENCOURAGE THE USE OF YOUR
OWN PERSONAL EQUIPMENT.**

**DUE TO GUIDELINES WE CANNOT
ALLOW THE USE OF TOWELS**

**STRICT START AND END TIMES TO ALLOW
FOR A CLEAN DOWN OF AREA AND
EQUIPMENT BETWEEN CLASSES**

SANITISE EQUIPMENT AVAILABLE

HOW TO BOOK

Bookings online or over the phone. Book online via the Teme Leisure App or Website

All classes are required to be Pre booked in advance.

For Pay as you go users, Email info@teme-leisure.co.uk to apply for a Teme Community Card

» » » » PLEASE BE AWARE « « « «

**Outdoor Classes under the shelter of a large Marquee to enable
classes to proceed in all weathers.**