

Fitness Class Timetable

Monday			
Time	Class	Instructor	Location
07:00 – 07:45	Yoga	Hanri	Studio
08:00 – 08:45	Le Mills Body Balance	Virtual	Studio
09:00 – 09:45	Kettlecise	Dana	Studio
10:00 – 10:30	Core	Dana	Studio
12:00 – 12:45	Les Mills Pump	Marion	Studio
13:00 – 13:45	Pilates	Marion	Studio
14:00 – 14:45	Les Mills Body Balance	Marion	Studio
17:50 – 18:20	Body Balance	Rachael	Studio
18:30 – 19:00	Spin	Lisa	Studio
19:15 – 20:00	Les Mills Pump	Lisa	Studio

Tuesday			
Time	Class	Instructor	Location
07:30 – 08:15	Les Mills Body Pump	Virtual	Studio
09:15 – 10:00	Les Mills Body Pump	Lisa	Studio
10:15 – 11:00	Cardio and Tone	Sarah	Studio
12:00 – 12:50	Les Mills RPM	Virtual	Studio
17:30 – 18:30	Circuits	Matt	Studio
18:30 – 19:15	Spin	Matt	Studio
19:30 – 20:00	Kettles	Matt	Studio

Wednesday			
Time	Class	Instructor	Location
07:45 – 08:30	Body Blast	Matt	Studio
09:00 – 09:30	Core	Sarah	Studio
09:45 – 10:30	Yoga Scape	Sarah	Studio
10:45 – 11:45	Pilates	Suzi	Studio
17:15 – 18:00	Body Balance	Rachael	Studio
18:15 – 19:00	Spin	Matt	Studio
19:10 – 20:10	Body Blast	Matt	Studio
19:10 – 19:55	Boxercise	Elly	Squash Courts
20:00 – 20:45	Step	Elly	Squash Courts

Thursday			
Time	Class	Instructor	Location
06:45 – 07:30	Bootcamp	Sarah	Studio
07:45 – 08:30	Spin	Sarah	Studio
09:15 – 10:00	Circl Mobility	Juliana	Squash Courts
10:00 – 10:45	Zumba	Juliana	Squash Courts
10:00 – 10:30	Kettlebells	Dana	Studio
11:15 – 12:00	Aqua Fit	Juliana	Swimming Pool
10:45 – 11:15	Core	Dana	Studio
12:30 – 13:00	Les Mills RPM	Virtual	Studio
13:00 – 14:00	Pilates	Suzi	Studio
16:30 – 17:15	Zumba	Elly	Studio
17:30 – 18:15	Cardio and Tone	Sarah	Studio
18:30 – 19:00	Spin	Lisa	Studio
19:15 – 20:00	Les Mills Pump	Lisa	Studio

Friday

Time	Class	Instructor	Location
06:45 – 07:30	Spin	Sarah	Studio
08:00 – 08:45	Body Blast	Matt	Studio
09:00 – 09:45	Les Mills Body Balance	Marion	Studio
10:00 – 10:30	Les Mills Core	Marion	Studio
10:45 – 11:30	Pilates	Marion	Studio
18:00 – 18:30	HITT	Sarah	Studio
18:40 – 19:25	Les Mills Pump	Sarah	Studio
19:35 – 20:05	Les Mills Core	Sarah	Studio

Saturday

Time	Class	Instructor	Location
07:30 – 08:00	HITT	Sarah	Studio
08:15 – 09:00	Bootcamp	Sarah	Studio
09:15 – 09:45	Les Mills Core	Sarah	Studio
10:00 – 10:45	Les Mills Body Balance	Virtual	Studio
11:00 – 11:50	Les Mills RPM	Virtual	Studio

Sunday

Time	Class	Instructor	Location
08:00 – 08:45	Les Mills Body Balance	Virtual	Studio
09:00 – 09:45	Pump	Dana	Studio
10:00 – 10:45	Spin	Matt	Studio
11:00 – 11:50	Les Mills RPM	Virtual	Studio

Oakham Leisure Club is running **fitness classes** within its impressive Sports Centre situated in Oakham town centre, with free parking close by for all attendees.

Classes are available on a **Free trial session**; the first class is absolutely **free** for all new attendees. One trial per class per member! You have nothing to lose call now to book a space

Pay-as-you-go

Virtual Class	£7.00
Instructor Based	£10.00

Membership options*

Monthly	£46.50
Term	£137.50
Year	£500.00

Virtual classes are exciting, cinematic–quality versions of live classes for all to enjoy, our classes offer a wide range of sessions for all to love and relish in the benefits, from tone/mobility classes, and mind/body classes to cardio/strength classes, we have a class to suit everyone!



SCAN ME

Current members who hold a current membership can use our online booking portal to book classes:

Download the 'iScuba' app and select Oakham School, then follow the forgotten password link to set an account up.

* Membership prices include Swim, Gym, Squash and Classes.

Oakham Sports Centre

Oakham Sports Centre

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