

### Gym Opening Hours

**Monday 8am-9pm**  
**Tuesday 8am-9pm**  
**Wednesday 8am-9pm**  
**Thursday 8am- 9pm**  
**Friday 8am-9pm**  
**Saturday 8.45am-6pm**  
**Sunday 10am-6pm**

### CaféBar

Open to non members 7 days a week  
Function room

Available to hire for all occasions, great venue for live bands and disco's.  
We also do Kids party's + pool parties just ask a member of staff for details.

### Explosive

**New ladies self defence classes every  
wed 7-8pm**

**Wingchun mixed class every wed 8-9pm.**

**Non members welcome call James on 07586442949**

### **Puddle Ducks swimming lesson timetable**

**Tuesday and Friday 10.45am-12.0pm**

**Saturday 9.30am-1pm (term time only)**

**More info call Liz 07906191504**

**Weight Watchers every Tuesday at 6pm**

**Every Wednesday at 10am**

**Call 08456027076**

**For more information on all our facilities call**

**01159375286**

**or visit our website [www.keyvifitness.co.uk](http://www.keyvifitness.co.uk)**

**Email: [keyv1fitness@hotmail.co.uk](mailto:keyv1fitness@hotmail.co.uk)**



**KEY VI *Fitness***

## **STUDIO TIMETABLE**

### **Updated 28th Feb**

**KEY VI Fitness,  
Bunny Lane, Keyworth, Nottingham NG12 5JU**

Tel: 0115 9375286

Fax: 0115 9376039

Email [keyv1fitness@hotmail.co.uk](mailto:keyv1fitness@hotmail.co.uk)

[www.keyvifitness.co.uk](http://www.keyvifitness.co.uk)

## STUDIO TIME TABLE

Booking is recommended for all classes.

### Mon

9.00am-9.45am	Spin	All	Vic
950am-10.50am	Pump	Beg/All	Vic
11am-12.30am *	Yoga*	*	Chris
6.15-7pm	Spin	All	Shely
7pm-8pm	Pump	Beg/All	Shelly

### Tues

9.15am-10am	Spin	All	Vic
10.15-11.15am	Body Conditioning	Beg/ All	Vic
9.30-10.30	Pilates	All	Stella
2-2.45pm	Aqua	Beg/All	Amy
6.30-7.30pm	Power Ball	All	Shelly
7.45-8.45	Zumba* (open to non members ) -*	Jackie	

### Weds

9.30-10-30am	Vic's Mix	All/Int	Vic
1030-11.00	Bums Legs and Tums	Beg/All	Vic
6.30-7.30pm	Body Pump	All	Jackie

### Thur s

9.15-10.15am	Body tone	All/Beg	Vic
2.00-2.30pm	Basic step (beg)	All/Beg	Shelly
6.15-7pm	Spin	Beg/All	Shelly
7.00-8.00pm	Combat	All	Vic

### Fri

9.15-10-15am	Step	Int/Adv	Vic
9.15-10am	Aqua	All	Shelly
10am-10.45am	Aqua	All	Shelly
10.30-12.00	Yoga*	*	Chris
6.15-7.00pm	Spin	All	Shelly

### Sat

9.30-10.15am	SAQ	All	Shelly
10.30-11.15am	Spin	All	Shelly

\*Classes that external instructors are paid directly

## WHICH CLASS IS RIGHT FOR YOU?

### SPIN

A fun, cardiovascular cycling workout. A prolific calorie burner.  
Be warned.....it's addictive!

### BODY COMBAT

Combines simple Martial Art type moves & stances developed from a range of disciplines including Karate & Kickboxing great fun and easy moves for all fitness levels.

### Vic's Mix

A mixture of different exercises to work both heart and muscles. Great for all those liking variety and suitable for beginners.

### Zumba

The latest dance exercise workout lots! easy to follow moves with great music suitable for everyone.

### BODY PUMP

A fun weight training session choreographed to music.  
Great for toning and shaping.

### SAQ (Speed Agility & Quickness)

A studio workout involving resistance & cardio exercise.

### BUM LEGS AND TUMS

A workout that targets those "problem areas"

### LOW 'N' TONE

Low impact moves with toning work suitable for all.

### STEP/BEGINNERS

A perfect workout for all you step lovers! A beginners class is perfect for those want basic step moves and to have a good workout.

### AQUA / WATER FIT

A pool based aerobics class where the water acts as your resistance, a safe & challenging workout. Perfect for beginners to exercise.

### POWERBALL

An all over workout that will make you sweat! It is great for core stability, strength and a total body workout. Suits all ages and abilities

**The studio times table is subject to change at any time.**

\*\*\*\*\*