

HOLSWORTHY GROUP EXERCISE TIMETABLE

2nd June - 22nd July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08:15 - 09:00 Sports Hall Instructor - Milley	Circuits 18:00 - 18:45 Sports Hall Instructor - Chris	Body Conditioning 08:00 - 09:00 Sports Hall Instructor - Milley	Boxercise 07:45 - 08:45 Sports Hall Instructor - Chris	Fitness Yoga 14:30 - 15:30 Scouts Hut Instructor - Adam	Body Conditioning 09:00 - 10:00 Sports Hall Instructor - Adam	
Circuits 18:00 - 19:00 Sports Hall Instructor - Milley	Body Conditioning 18:45 - 19:45 Sports Hall Instructor - Chris	Strength & Core 18:00 - 18:45 Sports Hall Instructor - Milley	Gym Circuits 09:00 - 10:00 Gym Suite Instructor - Chris		HIIT 10:00 - 10:30 Sports Hall Instructor - Adam	
	Stretch & Flow 19:45 - 20:30 Sports Hall Instructor - Chris		Dance Fit 18:00 - 19:00 Sports Hall Instructor - Milley			

TYPES OF CLASSES:

All our classes are open to everyone and we cater for all fitness abilities.
If you have any questions please arrive a few minutes early to speak to the instructor.

Price:

Fitness Class £7.30

Location - Holsworthy Leisure Centre, Well Park, Western Road, EX22 6DH

Telephone - 01237 471794

Email - Hello@activetorridge.co.uk



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