



# THE JUNCTION

PART OF YMCA BOURNEMOUTH



## Fitness Classes - Easter 2025

### Good Friday - 18 April 2025

Indoor Cycling	6.30am - 7.10am	Sophie Walker
Body Pump Express	6.30am - 7.15am	Lianne Ede
Circuits	9.30am - 10.30am	Tim Offer
Indoor Cycling	10.30am - 11.10am	Patricia Llanderal
Body Pump Express	10.45am - 11.30am	Ricky Gill
Body Pump Express	5.30pm - 6.15pm	Rikki Walden
Yoga	5.30pm - 6.15pm	Julia Palmer
Circuits	6.10pm - 6.55pm	Tim Offer

### Saturday 19 April 2025

Yoga	7.45am - 8.30am	Julia Palmer
Indoor Cycling	8.40am - 9.20am	Julia Palmer
Body Pump	8.55am - 9.55am	Rikki Walden

### Easter Sunday - 20 April 2025

Yoga	8.15am - 9.00am	Julia Palmer
Super Circuits	9.00am - 10.00am	Sophie Walker

### Bank Holiday Monday - 21 April 2025

Indoor Cycling	6.30am - 7.10am	Julia Palmer
Body Pump Express	6.30am - 7.15am	Sophie Walker
Gentle Stretch & Tone	8.45am - 9.30am	Neil Solmon
Circuits	9.30am - 10.30am	Tim Offer
Beginners Step Aerobics	9.35am - 10.20am	Neil Solmon
Indoor Cycling	10.30am - 11.10am	Neil Solmon
Body Pump Express	10.45am - 11.30am	Ricky Gill
Insanity	5.45pm - 6.30pm	Sophie Walker
Circuits	6.10pm - 7.00pm	Tim Offer
Step Aerobics	7.00pm - 7.45pm	Neil Solmon
20/20 Freestyle	7.55pm - 8.40pm	Neil Solmon
Yoga	8.20pm - 9.05pm	Julia Palmer