



THE JUNCTION
PART OF YMCA BOURNEMOUTH



FITNESS CLASSES

Bank Holiday Monday
25 AUGUST 2025

Indoor Cycling	6.30am - 7.10am	Lianne Ede
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	5.30pm - 6.15pm	Rikki Walden
Insanity	5.45pm - 6.30pm	Sophie Walker
Circuits	6.10pm - 7.00pm	Tim Offer
Indoor Cycling	6.20pm - 7.00pm	Gaynor Somerville
Yoga	6.45pm - 7.45pm	Gaia Madden
Step Aerobics	7.00pm - 7.45pm	Neil Solmon
Indoor Cycling	7.10pm - 7.50pm	Gaynor Somerville
20/20 Freestyle	7.55pm - 8.40pm	Neil Solmon
Yoga	8.20pm - 9.05pm	Rali Stefanova