

Fram Earl

Class Timetable 2020

Monday	18:00	Dance Fit	Sports Hall
	18:00	Pilates	Studio
	19:00	Pump	Studio
Tuesday	18:00	Yoga	Studio
	18:00	Circuits	Sports Hall
	19:00	LBT	Studio
Wednesday	18:00	Tone Zone	Studio
	19:15	Yoga	Studio
Thursday	17:00	Fit For Life	Studio
	18:00	Yoga	Studio
	18:00	Circuits	Sports Hall
	19:00	Pump	Studio

Please book in advance to avoid disappointment. Classes will only run with a minimum of 4 attendees. Visit the website for more information and to book.
south-norfolk.gov.uk/leisure

Please note

Class bookings require two hours cancellation notice. After that time we'll be unable to refund any fees and members will be charged for the space. Late entry is not permitted due to class disruption.

Framingham Earl
Sports Centre



South Norfolk
COUNCIL

Class Descriptions

Dance Fit –

45 minutes of funky dance aerobics followed by toning exercises to help firm up those “wobbly bits”.

Pump IT –

Using light to moderate weights and Barbells with lots of repetition Pump It gives you a total body workout. Targeting all the major muscles groups, this class is perfect for anyone looking to get lean, toned and fit fast.

Legs, Bums & Tums -

This class focuses on technique and toning, targeting specific problem areas by using an effective aerobic and muscle toning workout. Shape up and burn fat at the same time!

Pilates –

This class is open to all fitness levels. Focusing on controlled movements to strengthen and tone the core muscles and the spine.

Yoga –

Dynamic and strong Hatha Yoga, a blend of postures, breathing and relaxation. To promote health, flexibility, good posture, improved breathing and lung function, giving a sense of inner calm and peacefulness.

Tone Zone –

A high intensity toning and sculpting class. Aiming to target problem areas whilst maintaining a raised heart rate to facilitate fat burning.

Circuits –

Challenge your fitness levels and take you to the next level. Guaranteed new exercise session every week combining HIIT, agility and Boxing this is designed to improve both cardio fitness and muscle toning

Fit For life –

This session ideal for our mature exerciser is with a qualified GP referral instructor and is aimed to tone up those “wobbly bits” and improve your fitness level

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	18:00 - 19:00	Pilates
	19:00 - 20:00	Pump it
Tuesday	18:00 - 19:30	Yoga
	18:00 - 19:30	Circuits
	19:00 - 20:00	HIIT Legs, Bums and Tums
Wednesday	18:00 - 19:00	Tone Zone
	19:15 - 20:15	Yoga
Thursday	17:00 - 18:00	Fit For Life
	18:00 - 19:00	Yoga
	18:00 - 19:00	Circuits
	19:00 - 20:00	Pump It

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