

Fitness Class Timetable

May - August 2019

MONDAY		
6.45am - 7.30am Virtual	Virtual Cycle	
9.15am - 10.00am Carla	Brio Core	
9.30am - 10.15am virtual	Virtual Cycle	
10.00am - 11.00am Heather	Pilates	
10.15am - 11.00am Carla	Aqua Fit	
10.30am - 11.00am Gym Team	Gym HIIT**	
11.15am - 12.00pm Colin	Brio Cycle CBC*	
12.15pm - 12.45pm Virtual	Virtual Cycle	
12.45pm - 1.30pm Julie-Ann	Brio Move	
1.30pm - 2.15pm Julie-Ann	Pilates	
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 6.00pm Donna	Fitness Pilates	
5.15pm - 6.00pm Jess	Brio Cycle*	
6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.00pm - 6.45pm Donna	Brio Burn	
6.00pm - 6.45pm Jess	Brio Cycle*	
6.30pm - 7.00pm Dave	Brio Core	
7.00pm - 7.45pm Grace	Zumba	
7.00pm - 8.00pm Jess	Brio Kettlebell	
7.00pm - 8.00pm Colin	Brio Cycle CBC	
7.00pm - 8.00pm Dave	Brio HIIT	
8.00pm - 8.45pm Virtual	Virtual Cycle*	

TUESDAY		
6.45am - 7.30am Virtual	Virtual Cycle	
9.15am - 10.00am Robb	BODYCOMBAT®*	
9.15am - 10.00am Carla	Vibe Cycle	NEW CLASS
10.10am - 10.55am Robb	BODYPUMP®*	
10.30am - 11.00am Gym Team	Gym HIIT**	
11.00am - 12.30pm Lynn	Yoga	
12.15pm - 12.45pm Virtual	Virtual Cycle	
1.30pm - 2.00pm Gym Team	Gym HIIT (50+)**	
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 5.45pm Suzie	Brio Cycle*	
5.45pm - 6.45pm Heather	Pilates	
6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.00pm - 6.45pm Grace	Zumba	NEW CLASS
6.00pm - 6.45pm Suzie	Metafit & Core®	
6.00pm - 7.00pm Matt	BODYCOMBAT®*	
7.00pm - 8.00pm Heather	Brio Ball	
6.45pm - 7.45pm Sarah	FitSteps Fab	HS
7.00pm - 7.45pm Suzie	Brio Cycle*	
7.30pm - 8.15pm Matt	Aqua Fit	
8.00pm - 8.45pm Virtual	Virtual Cycle	
8.05pm - 8.50pm Suzie	BODYPUMP®*	

WEDNESDAY		
6.45am - 7.30am Virtual	Virtual Cycle	
9.30am - 10.15am Virtual	Virtual Cycle	
10.00am - 10.45am Mark	Brio Kettlebell	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.45am - 11.30am Mark	Brio Stretch	
12.15pm - 12.45pm Virtual	Virtual Cycle	
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 6.00pm Suzie	Metafit & Core®	
6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.00pm - 7.00pm Colin	Brio Cycle CBC*	NEW CLASS
6.00pm - 7.00pm Alison	Hatha Yoga	HS
6.15pm - 7.00pm Suzie	BODYPUMP®*	
7.05pm - 7.55pm Heather	Brio Burn	
7.15pm - 8.00pm Carla	Vibe Cycle	
8.00pm - 9.00pm Heather	Pilates	
8.05pm - 8.50pm Claire	Clubbercise®	
8.30pm - 9.15pm Virtual	Virtual Cycle	

THURSDAY		
6.45am - 7.30am Virtual	Virtual Cycle	
9.15am - 10.00am Carla	Brio HIIT	
9.30am - 10.15am Matt	Brio Cycle*	
10.00am - 10.45am Carla	Brio Core	
10.30am - 11.00am Gym Team	Gym HIIT**	
10.45am - 11.30am Matt	Aqua Fit	
11.00am - 12.30pm Lynn	Yoga	NEW CLASS
12.15pm - 12.45pm Virtual	Virtual Cycle	
1.00pm - 2.00pm Heather	Brio Burn	
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 5.45pm Virtual	Virtual Cycle	
5.15pm - 6.00pm suzie	Metafit & Core	
6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.15pm - 7.00pm Suzie	BODYPUMP®*	
7.15pm - 8.00pm Suzie	Brio Cycle*	
7.15pm - 8.15pm Sarah	FitSteps	
8.15pm - 9.00pm Virtual	Virtual Cycle	

FRIDAY		
6.45am - 7.30am Virtual	Virtual Cycle	
9.15am - 10.15am Holly	BODYPUMP®*	
9.30am - 10.15am Virtual	Virtual Cycle	
10.00am - 10.30am Gym Team	Gym HIIT**	
10.15am - 11.00am Holly	Metafit & Core®	
12.15pm - 12.45pm Virtual	Virtual Cycle	
2.15pm - 3.00pm Carla	Aqua Fit	NEW CLASS
3.30pm - 4.00pm Gym Team	Gym HIIT (Jnr)**	
5.15pm - 6.00pm Mark	Brio Kettlebell	
6.00pm - 6.30pm Gym Team	Gym HIIT**	
6.05pm - 6.50pm Mark	Brio HIIT	
6.15pm - 7.00pm Matt	BODYCOMBAT®*	
6.30pm - 7.15pm Swim Team	Brio Tri Train	NEW CLASS
7.05pm - 7.50pm Matt	BODYPUMP®*	
7.45pm - 8.30pm Estanis	Brio Cycle*	NEW CLASS

SATURDAY		
9.00am - 9.45am Carla	Vibe Cycle	
9.15am - 10.00am Claire	Clubbercise	
10.00am - 10.45am Virtual	Virtual Cycle	
10.00am - 11.00am Heather	Brio Ball	
10.15am - 10.45am Gym Team	Gym HIIT**	
11.00am - 12.00pm Heather	Pilates	

SUNDAY		
9.00am - 9.45am Dave	Brio Cycle*	
9.30am - 10.15am Matt	BODYPUMP®*	
10.00am - 10.45am Virtual	Virtual Cycle	
10.00am - 11.00am Dave	Brio Circuits	
10.30am - 11.30am Matt	Pilates	
6.00pm - 7.00pm Alison	Hatha Yoga	

QUICK KEY		
Cardio		
Mind & Body		
Strength / Conditioning		
Water Workout		

HS High School

FROM

£4.30

FREE

TO PREMIER MEMBERS

* These are premium rate sessions
 **A Welcome Workout is required before taking part in this class
 ^ Price correct as of printing, based on a 30 minute class in conjunction with a leisure card.