Brio Fitness

Fitness Studio Floor Replacements – Monday 11th – Friday 22nd November

Day	*Time*	*Class / Activity*	*Moved to*
Monday	915	Zumba Toning	Dojo
11th & 18th	1000	Brio Burn	Dojo
	1100	Body Pump	Dojo
	1130	**Pilates – Dojo**	**Now 1200**
	1230	U3A Table Tennis	Revive
	1630	Brio Core	Dojo
	1715	Meta-Fit	Revive
	1800	**Body Pump**	**CANCELLED**
	1915	**Brio Burn**	**CANCELLED**
	2000	Kettlercise	Dojo
Tuesday	645	Body Pump	Dojo
12th & 19th	945	Zumba	Dojo
	1030	Brio Burn	Dojo
	1200	Pilates	Dojo
	1400	Get Active table Tennis	Revive
	1715	Brio Core	Revive
	1800	**Hour of Power**	**CANCELLED**
	1845	**PiYo**	**CANCELLED**
	1945	Brio Kettle	Sports Hall
Wednesday	645	HIIT Step	Dojo
13th & 20th	930	Body Pump	Dojo
	1100	Brio Burn	Sports Hall
	1200	Pure Stretch	Revive
	1715	Meta-Fit	Sports Hall
	1800	**Body Pump**	**CANCELLED**
	1915	**Zumba**	**CANCELLED**

Thursday	645	Body Pump	Dojo
14th & 21st	930	Body Attack	Dojo
	1030	Brio Burn	Dojo
	1115	Hour of Power	Dojo
	1245	U3A Table Tennis	Revive
	1400	Get Active Table Tennis	Revive
	1715	HIIT Step	Sports Hall
	1800	Brio Burn	Sports Hall
	1900	**Hoola Hoop**	**CANCELLED**
	2000	Hoola Hoop	Dojo
Friday	645	Body Pump Exp	Dojo
15th & 22nd	1000	Brio Burn	Sports Hall
	1100	Begin. Pilates	Revive
	1200	Adv. Pilates	Revive
	1400	Brio Move	Dojo
	1715	**Zumba**	**CANCELLED**
	1800	Brio Burn	Sports Hall
(Was 1915)	1930	Body Pump Exp	Dojo
Saturday	915	Zumba	Sports Hall
23rd only			
Sunday	900	Body Pump	Dojo
24th only	**1100**	**Body Attack**	**CANCELLED**
(was 1000)	1100	Body Combat	Sport Hall
	1800	Clubbercise	Dojo

Where a class is cancelled there will be an alternative class already available, either in the Sports Hall, Spinning Studio or another room. Please see the full timetable attached for more details