

CLASS PROGRAMME 29/05/17-10/09/17

DAY	TIME	CLASS	ROOM/TYPE
MON	0645-0730	Spin	V
	0740-0810	Body Pump	S
	0745-0830	Virtual RPM	V
	0820-0850	Abs "Blast"	S
	1000-1100	"Active for Life" Fitness*	S
	1210-1255	Body Balance	S
	1215-1300	Spin	V
	1215-1245	Beginners TRX "Blast"	TRX
	1315-1400	Strength 'n' Tone Circuits	CG
	1315-1400	Virtual RPM	V
	1720-1805	Body Pump	S
	1730-1815	RPM	V
	1745-1845	Circuits	CG
	1815-1900	Body Attack	S
	1855-1955	Spin	V
	1905-1935	Six-Pack Attack	S
	1940-2025	Hatton Boxing	S
	2015-2100	Virtual RPM	V
	2035-2120	Body Balance	S
TUES	0645-0730	Virtual RPM	V
	0645-0730	Body Attack	S
	0740-0810	Abs "Blast"	S
	0820-0850	Spin "Blast"	V
	1215-1300	HiiT	S
	1315-1400	Hatton Boxing	S
	1315-1400	Virtual RPM	V
	1720-1805	Body Combat	S
	1730-1815	RPM	V
	1745-1830	Strength 'n' Tone Circuits	CG
	1815-1905	Insanity	S
	1845-1945	Spin	V
	1915-2005	PiYo	S
	2015-2100	Cardio Street Funk	S
	2015-2100	Virtual RPM	V
WED	0645-0730	Spin	V
	0740-0825	Body Balance	S
	0740-0825	Virtual RPM	V
	0830-0900	Circuits "Blast"	CG
	1000-1100	"Active for Life" Yoga*	S
	1215-1300	Cardio Street Funk	S
	1215-1300	Spin	V
	1315-1400	Strength 'n' Tone Circuits	CG
	1315-1400	Virtual RPM	V
	1515-1600	Virtual RPM	V
	1710-1740	Six-Pack Attack	S
	1730-1815	RPM	V
	1745-1845	Circuits	CG
	1750-1835	Hatton Boxing	S
	1800-1830	Advanced TRX "Blast"	TRX
	1845-1930	Body Pump	S
	1845-1945	Spin	V
	1940-2025	Dance Fit	S
	2015-2100	Virtual RPM	V
THU	0645-0730	Virtual RPM	V
	0655-0740	Body Pump	S
	0750-0820	Abs "Blast"	S
	0830-0900	Spin "Blast"	V
	1210-1300	PiYo	S
	1215-1300	Spin	V
	1315-1400	Circuits	CG
	1315-1400	Virtual RPM	V
	1730-1815	Body Combat	S
	1730-1815	RPM	V
	1745-1830	Strength 'n' Tone Circuits	CG
	1820-1905	Body Attack	S
	1845-1945	Spin	V
	1910-2010	Body Balance	S
	FRI	0645-0730	Spin
0700-0730		Circuits "Blast"	CG
0740-0830		PiYo	S
0820-0850		Virtual RPM	V
1000-1100		"Active for Life" Circuits*	CG
1215-1300		Body Pump	S
1215-1300		RPM	V
1315-1400		Strength 'n' Tone Circuits	CG
1315-1400		Virtual RPM	V
1650-1720		Six-Pack Attack	S
1730-1815		Spin	V
1825-1910		Hatton Boxing	S
1920-2005		Dance Fit	S
2015-2100		Virtual RPM	V
SAT		0930-1030	Spin
	0945-1030	Dance Fit	S
	1040-1125	Body Pump	S
	1145-1245	Hatton Boxing	S
	1400-1430	Beginner TRX "Blast"	TRX
	1500-1530	Abs "Blast"	CG
	1600-1630	Virtual RPM	V
SUN	0915-1000	Virtual RPM	V
	1015-1100	Strength 'n' Tone Circuits	CG
	1115-1200	Cardio Street Funk	S
	1400-1430	Advanced TRX "Blast"	TRX
	1500-1530	Circuits "Blast"	CG
	1600-1630	Virtual RPM	V

V = Velocity CG = Circuits Gym TRX = TRX Room
S = Studio (29/05/17-23/07/17) then Salle (24/07/17-10/09/17)

Orange = Strength Red = Cardio/Hi Intensity Blue = Core
Grey = Cycle Light Blue = Mind/Body Green = Dance
Purple = Martial Arts

*Non-members can drop in for £3