

# GROUP EXERCISE TIMETABLE - EASTER 2019

From 30 March - 18 April the normal class timetable applies



## FRIDAY 19 APRIL

Club Open 08.00 - 16.00

08.15 - 09.15	Fitsteps	Gabriel	2
08.30 - 09.15	Indoor Cycling	Paul	1
08.45 - 09.15	FST	Gym Team	8
09.25 - 10.10	Indoor Cycling	Paul	1
09.15 - 10.00	Inv. Aerobics	Nikki	2
09.30 - 10.30	Bootcamp	Chris	7
09.45 - 10.15	TRX	Gym Team	8
10.10 - 10.55	Aerobics	Nikki	2
10.25 - 11.25	Body Pump	Judy	1
12.15 - 13.15	Pilates	Judy	2
13.15 - 14.15	Pilates	Judy	2

## SATURDAY 20 APRIL

Club Open 08.00 - 20.00

08.20 - 08.50	GRIT	Gym Team	1
08.45 - 09.15	FST	Gym Team	8
09.30 - 10.30	Step	Judy	2
09.30 - 10.30	Bellicon Rebound	Pat H	1
09.45 - 10.15	TRX	Gym Team	8
10.45 - 11.30	Indoor Cycling	Paul	1
10.45 - 11.45	Core & Flex	Pat H	2

## SUNDAY 21 APRIL

Club Open 08.00 - 16.00

08.45 - 09.15	FST	Gym team	8
09.15 - 10.15	Indoor Cycling	Paul	1
09.45 - 10.15	TRX	Gym Team	8

## MONDAY 22 APRIL

Club Open 08.00 - 16.00

08.30 - 09.15	Indoor Cycling	Ellie	1
08.45 - 09.15	FST	Gym Team	8
09.15 - 10.00	Inv. Aerobics	Kelly	2
09.25 - 10.10	Indoor Cycling	Ellie	1
09.45 - 10.15	TRX	Gym Team	8
10.00 - 11.00	Fitsteps	Kelly	2
10.25 - 11.25	S&C	Ellie	1
11.15 - 12.15	Yoga Somatics	Gabriel	2
12.15 - 13.15	Pilates	Gabriel	2

Timetable subject to change. Classes require a minimum of two people to run.

All classes are free to Gold Card members.

A late cancellation fee of £5 may be charged if classes are busy.

Off Peak Gold members are subject to a non-member fee (£8.00) outside of their membership times. This does not include access to the gym.

Key 1 Studio 1  
2 Studio 2  
3 Swimming Pool  
4 Gym

5 Main Hall  
6 Astro  
7 Olympic Gym  
8 QUBE

FST Functional Strength Training  
GRIT LES MILLS GRIT™  
TRX Total Resistance eXercise  
S&C Strength & Conditioning