

Group Fitness & Cycling Timetable - Walsall

Monday			
Time	Class	Studio	Who
9:00 am	abs blast	aerobics	nicola
9:30am	Express Pump	Aerobics	Tracy
9:30am	Group Cycle	Spin	Innocent
10:15am	Pilates	Aerobics	Tracy
11:15 am	Yoga	Aerobics	Gary
11:30am	Aqua	Poolside	Tracy
5:30pm	Cx Worx	Aerobics	luke
6:00pm	Metafit	Aerobics	Luke
6:00pm	Group Cycle	Spin	Jakob
7:00pm	Group Cycle	Spin	Luke
7:00pm	Zumba	Aerobics	Marc
8:00pm	Circuits	Aerobics	Ben

Tuesday			
Time	Class	Studio	Who
6:15am	Group Cycle	Spin	Dan k
9:00am	Cx Worx	Aerobics	Luke
9:30am	Group Cycle	Spin	Ruth
9:30am	BodyPump	Aerobics	Luke
10:30am	Group Cycle	Spin	Luke
10:30am	Zumba	Aerobics	Ruth
11:30am	Body Balance	Aerobics	Ruth
11:00am	Aqua	Aerobics	Hayley
5:30pm	Yoga	Wellness	Gary
6:00pm	Group Cycle	Spin	Laura
6:00pm	Body Pump	Aerobics	Hayley
7:00pm	Body Combat	Aerobics	Mark C
7:00pm	Group Cycle	Spin	Jenna

Wednesday			
Time	Class	Studio	Who
6:15am	Grit	Aerobics	Jakob
9:30am	Body Pump	Aerobics	Ruth
10.30am	fitball	Aerobics	ruth
9:30am	Group Cycle	Spin	Jakob
11:00am	Body Balance	Wellness	Virtual
6:00pm	Body Pump	Aerobics	Luke
6:00pm	group cycle	spin	jenna
7:00pm	group cycle	spin	luke
7:00pm	zumba	Aerobics	marc

Thursday			
Time	Class	Studio	Who
6.15AM	SPIN	SPIN	JAKOB
9.00AM	ABS BLAST	AEROBICS	JAKOB
9.30AM	SPIN	SPIN	JAKOB
9.45AM	LBT	AEROBICS	NICOLA
10.15AM	HIIT	AEROBICS	NICOLA
10.15AM	AQUA	POOL	TRACY
11.00AM	EXPRESS PUMP	AEROBICS	TRACY
11.45AM	BODY BALANCE	AEROBICS	HAYLEY
6.00PM	SPIN	SPIN	GYM STAFF
7.00AM	BODY COMBAT	AEROBICS	MARK CADDY

Friday			
Time	Class	Studio	Who
9.00AM	BOOTCAMP	AEROBICS	JAKOB
9.30AM	SPIN	SPIN	JAKOB
9.30AM	BODYPUMP	AEROBICS	TRACY
10.45AM	PILATES	AEROBICS	TRACY
11.50AM	AQUA	POOL	TRACY
12.00PM	BODYBALANCE	AEROBICS	HAYLEY
5.30PM	RPM	SPIN	VIRTUAL
6.15PM	BODYPUMP	AEROBICS	VIRTUAL
7.15PM	BODY COMBAT	AEROBICS	MARK CADDY

Saturday			
Time	Class	Studio	Who
8.30AM	TAI CHI	WELLNESS	CRAIG
9.00AM	METAFIT	aerobic	jakob
9.00am	group cycle	spin	laura
9.30am	cx worx	aerobic	luke
10.00am	lbt	aerobic	laura
10.00am	group cycle	spin	jakob
10.30am	pilates	WELLNESS	tracy
10.30am	conditioning	aerobic	laura
12.00pm	aqua	pool	tracy
12.00pm	body combat	aerobics	mark caddy

Sunday			
Time	Class	Studio	Who
8.00am	group cycle	spin	jakob
9.00am	group cycle	spin	ruth
10.00am	body pump	aerobics	ruth
11.00am	body combat	aerobics	mark c
12.00pm	sh'bam	aerobics	virtual
13.00pm	body balance	wellness	virtual

NB: Throughout December the timetables are subject to change weekly, so please contact your local club for accurate information on your favourite classes. A clearer timetable - not subject to change weekly - will begin from 1st January 2017.