

Group Fitness & Cycling Timetable - Warrington

Monday		
Time	Class	Studio
6.30am	Bootcamp	Studio 1
9:30am	Sprint	Studio 2
10:00am	RPM	Studio 2
10:15am	CXWORX	Studio 1
10:15am	Aqua Fit	Poolside
11:00am	Nice and easy	Studio 3
11:00am	Body Pump	Studio 1
11:00am	Aqua Fit	Poolside
12:00pm	Sh'Bam	Studio 1
12:30pm	Pilates	Studio 3
6:00pm	Fitness Yoga	Studio 3
6:00pm	Body Pump	Studio 1
7:00pm	Body Combat	Studio 1
7:00pm	Sprint	Studio 2
7:30pm	RPM	Studio 2
8:00pm	Boxing Yoga	Studio 3

Tuesday		
Time	Class	Studio
6:45am	Spin	Studio 2
9:30am	Abs Blast	Studio 1
10:00am	Spin	Studio 2
10:00am	Express Body Pump	Studio 1
10:00am	Hatha Yoga	Studio 3
10:30am	Water Babies*	Poolside
10:45am	Legs Bums and Tums	Studio 1
12:15pm	Metafit	Studio 1
1:00pm	Pilates on the Ball	Studio 3
6:00pm	Legs Bums and Tums	Studio 1
6:00pm	Spin	Studio 2
7:00pm	Body Attack	Studio 1
7:00pm	Spin	Studio 2
7:00pm	Yoga	Studio 3
8:00pm	Body Pump	Studio 1

Wednesday		
Time	Class	Studio
6:30am	Bootcamp	Studio 1
9:00am	Water Babies*	Poolside
9:30am	Body Step	Studio 1
10:30am	Body Vive	Studio 3
11:15am	Aqua Fit	Poolside
12:00am	Zumba Gold	Studio 1
5:45pm	Metafit	Studio 1
6:15pm	Spin	Studio 2
6:15pm	CXWORX	Studio 1
6:45pm	Body Pump	Studio 1
7:30pm	Vinyasa Yoga	Studio 3

Thursday		
Time	Class	Studio
6:15 am	Metafit	Studio 1
6:45am	Spin	Studio 2
9:30am	RPM	Studio 3
9:30am	Nice and Easy Step	Studio 1
10:00am	Hatha Yoga	Studio 3
10:15am	Fitness Yoga	Sq Court
11:00am	Zumba	Studio 1
6:00pm	Spin	Studio 2
6:00pm	Body Combat	Studio 1
7:00pm	Hatha Yoga	Studio 3
7:00pm	Body Pump	Studio 1
8:00pm	Zumba	Studio 1

Friday		
Time	Class	Studio
6:30am	Metafit	Studio 1
9:00am	Water Babies*	Poolside
9:30am	CX WORX	Studio 1
9:30am	Sprint	Studio 2
10:00am	Body Combat	Studio 1
10:00am	RPM	Studio 2
10:30am	Hatha Yoga	Studio 3
10:45am	Aqua Fit	Poolside
11:00am	Express Body Pump	Studio 1
6:00pm	Body Pump	Studio 1

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.

Saturday		
Time	Class	Studio
8:30am	Vinyasa Yoga	Studio 3
9:00am	Spin	Studio 2
9:00am	Body Pump	Studio 1
10:00am	Spin	Studio 2
10:00am	Body Step	Studio 1
11:00am	Body Combat	Studio 1
11:30am	Stretch and Tone	Studio 3

Sunday		
Time	Class	Studio
8:45am	Metafit	Studio 1
9:15am	Express Spin	Studio 2
9:15am	CX WORX	Studio 1
10:00am	Spin	Studio 2
10:00am	Body Step	Studio 1
11:00am	Zumba	Studio 1