

Group Fitness & Cycling Timetable - Ashton

Monday			
Time	Class	Studio	Who
07:00-07:30	Circuit	Aerobic	Leisure
09:30-10:15	BODYSTEP	Aerobic	Janet M
10:15-11:00	BODYBALANCE	Aerobic	Janet M
11:00-11:45	Aqua	Pool	Sue B
11:00-12:00	Pilates	Aerobic	Cilla
18:00-18:30	GRIT	Aerobic	Em/Scott
18:00-18:30	Octagon	Gym	Leisure
18:15-19:00	Clubercise	Wellness	Emma
18:30-19:15	BODYCOMBAT	Aerobic	Emily
19:15-19:45	CXWORX	Aerobic	Matt

Tuesday			
Time	Class	Studio	Who
07:15-07:45	HIIT Blast	Aerobic	Sarah
09:30-10:15	Pilates	Wellness	Julianne
09:30-10:15	BodyCondition	Aerobic	Sue B
10:15-11:00	BodyCondition	Aerobic	Sue B
10:30-11:15	Aqua	Pool	Sarah
17:30-18:00	BODYPUMP	Aerobic	Leisure
18:00-18:30	GRIT	Aerobic	Leisure
18:50-19:35	Aqua	Pool	Sue B
18:30-19:00	CXWORX	Aerobic	Matt
19:00-19:45	BODYBALANCE	Aerobic	Janet M

Wednesday			
Time	Class	Studio	Who
07:00-07:30	Octagon	Gym	Leisure
09:30-10:30	BODYPUMP	Aerobic	Janet M
10:30-11:15	Yogalates	Aerobic	Janet M
10:30-11:15	Aqua	Pool	Danny
17:45-18:30	BODYCOMBAT	Aerobic	Ant M
18:00-18:30	ABS	Wellness	Leisure
18:30-19:15	BODYPUMP	Aerobic	Emily
18:30-19:00	Metafit	Wellness	Leisure
19:00-20:00	V Swim	Pool	

Thursday			
Time	Class	Studio	Who
07:15-07:45	Octagon	Gym	Leisure
09:30-10:15	Pilates	Wellness	Cilla
09:30-10:15	BODYATTACK	Aerobic	Sue B
10:15-11:00	Flex & Stretch	Wellness	Cilla
10:15-11:00	BodyCondition	Aerobic	Sue B
10:30-11:15	Aqua	Pool	Christine
17:30-18:15	BodyCondition	Aerobic	Sue B
18:00-18:30	Boxercise	Wellness	Leisure
18:30-19:00	Octagon	Gym	Leisure
18:45-19:30	Zumba	Aerobic	Dionne
19:00-19:45	Aqua	Pool	Danny

Friday			
Time	Class	Studio	Who
06:45-07:15	GRIT	Aerobic	Leisure
09:30-10:15	BODYCOMBAT	Aerobic	Ant M
10:15-11:00	BodyCondition	Aerobic	Ant M
11:30-12:15	Aqua	Pool	Sue B
17:00-18:00	Family Splash	Pool	
17:30-18:15	Circuit	Aerobic	Leisure
18:30-19:15	Yogalates	Aerobic	Janet M

Saturday			
Time	Class	Studio	Who
08:30-09:00	Octagon	Gym	Leisure
09:00-09:30	GRIT	Aerobic	Leisure
09:30-10:15	Krav Maga	Wellness	Karl
09:30-10:00	Junior Gym 8-12yrs	Gym	Leisure
09:30-10:15	BODYCOMBAT	Aerobic	Ant M
10:15-10:45	ABS	Aerobic	Ant M
10:45-11:30	BodyCondition	Aerobic	Ant M
11:00-12:00	Family Splash	Pool	

Sunday			
Time	Class	Studio	Who
08:30-09:00	Octagon	Gym	Leisure
09:00-09:30	Metafit	Aerobic	Leisure
09:45-10:30	Pilates	Wellness	Julianne
09:30-10:15	BODYVIVE	Aerobic	Janet M
10:15-10:45	BODYSTEP	Aerobic	Janet M
10:45-11:15	BODYBALANCE	Aerobic	Janet M
10:30-11:15	Pilates	Wellness	Julianne
11:00-12:00	Family Splash	Pool	
11:45-12:30	Zumba	Aerobic	Siobhan
14:00-15:00	Family Karate 7+	£ Wellness	Norris