

Group Fitness & Cycling Timetable - Edinburgh

Monday			
Time	Class	Studio	Who
06.30-07.00	BLAST CLASS	Gym	Gym
06.30-07.30	Virtual BODYPUMP	1	
06.30-07.00	SPRINT	Cycle	Sarah
09.30-10.15	BODYATTACK	1	Suzanne
09.30-10.15	BODYVIVE 3.1	2	Bram
09.30-10.15	RPM	Cycle	Sarah
10.15-10.45	GRIT-STRENGTH	1	Ricky
10.30-11.30	BODYBALANCE	1	Bram
11.30-12.30	Aqua	Pool	Lynne
12.30-13.30	Virtual BODYPUMP	1	
12.30-13.30	PILATES	2	Natalie
13.30-14.15	Virtual RPM	Cycle	
17.30-18.00	GRIT-PLYO	1	Suzanne
18.00-18.45	RPM	Cycle	Huw
18.00-18.30	GRIT-STRENGTH	1	Suzanne
18.30-19.00	BODYATTACK	1	Suzanne
18.00-19.00	BODYBALANCE	2	Sean
19.00-19.30	SPRINT	Cycle	Lee
19.00-20.00	BODYPUMP	1	Huw
19.00-19.45	SH'BAM	2	Mo
20.15-20.45	CXWORX	1	Huw
20.30-21.15	Virtual RPM	Cycle	
20.50-21.50	Virtual BODYBALANCE	1	

Tuesday			
Time	Class	Studio	Who
06.30 - 07.00	BLAST CLASS	Gym	Gym
06.30-07.30	Virtual BODYCOMBAT	1	
06.30-07.00	SPRINT	Cycle	Sarah
09.30-10.30	BODYPUMP	1	Huw
09.30-10.30	PILATES	2	Lesley
09.30-10.00	SPRINT	Cycle	Dave
10.30-11.30	YOGA	2	Kirsten
10.30-11.30	Nice and Easy	1	Lynne
12.30-13.15	Virtual RPM	Cycle	
12.30-13.00	Virtual BODYPUMP	1	
12.30 - 13.30	PILATES	2	Sue
13.05-13.35	Virtual BODYCOMBAT	1	
17.30-18.30	Pilates	2	Anna
17.45-18.30	BODYCOMBAT	1	Lee
18.00-18.45	RPM	Cycle	Dave
18.30-19.30	BODYBALANCE	2	Suzanne
1835-19.35	BODYSTEP	1	Anna
19.00-19.30	SPRINT	Cycle	Tim
19.35-20.05	GRIT-PLYO	1	Tim
19.30-20.00	CXWORX	2	Lee

Wednesday			
Time	Class	Studio	Who
06.30 - 07.00	BLAST CLASS	Gym	Gym
06.30-07.30	Virtual BODYPUMP	1	
06.30-07.15	Virtual RPM	Cycle	
09.30-10.15	BODYATTACK	1	Suzanne
09.30-10.00	GRIT-CARDIO	2	Ricky
09.30-10.15	RPM	Cycle	Bram
10.30-11.00	CXWORX	1	Huw
10.30-11.30	BODYBALANCE	2	Bram
12.30-13.15	Virtual RPM	Cycle	
12.30-13.30	Virtual BODYPUMP	1	
12.30-13.30	YOGA	2	Kirsten
17.30-18.15	AQUA	Pool	Lynne
18.00-18.45	RPM	Cycle	Sarah
18.00-18.30	GRIT-CARDIO	2	Ricky
18.00-19.00	BODYPUMP	1	Laura
18.30-19.00	CXWORX	2	Ricky
19.00-19.45	Virtual RPM	Cycle	
19.00-19.45	BODYCOMBAT	1	Laura
19.00-20.00	PILATES	2	Lesley
20.00 - 21.00	Virtual BODYBALANCE	1	
20.30-21.15	Virtual RPM	Cycle	

Thursday			
Time	Class	Studio	Who
06.30-07.00	GRIT -STRENGTH	1	Suzanne
06.30-07.15	Virtual RPM	Cycle	
07.00-07.30	Virtual CXWORX	1	
09.30-10.30	Yoga	2	Amy
09.30-10.30	BODYPUMP	1	Huw
09.30-10.15	Virtual RPM	Cycle	
10.30-11.30	Nice and Easy	2	Lynne
10.35-11.35	Virtual BODYBALANCE	1	
12.30-13.15	Virtual RPM	Cycle	
12.30 - 13.30	PILATES	2	Sue
12.30-13.00	Virtual BODYPUMP	1	
13.05-13.35	Virtual CXWORX	1	
18.00-18.30	SPRINT	Cycle	Sarah
18.00-1900	BODYCOMBAT	1	Lee
18.00-18.45	BODYVIVE 3.1	2	Bram
19.00-19.30	Virtual RPM	Cycle	
19.00-20.00	BODYPUMP	1	Ricky
19.00-20.00	YOGA	2	Bram
20.05 - 20.50	SH'BAM	1	Bram

Friday			
Time	Class	Studio	Who
06.30 - 07.00	BLAST CLASS	Gym	Gym
06.30-07.30	Virtual BODYCOMBAT	1	
06.30-07.15	Virtual RPM	Cycle	
09.30-10.15	RPM	Cycle	Lee
09.30-10.30	BODYCOMBAT	1	Clara
09.30-10.30	Dance	2	Louise
10.30 - 11.00	GRIT-STRENGTH	1	Clara
10.30-11.30	TAI CHI	2	Kevin
10.30-11.30	Aqua	Pool	Lynne
12.30-13.15	Virtual RPM	Cycle	
12.30-13.00	Virtual BODYPUMP	1	
13.05-13.35	Virtual CXWORX	1	
17.15-17.45	Virtual CXWORX	1	
18.00-18.45	Virtual RPM	Cycle	
18.00-18.30	GRIT - STRENGTH	1	Suzanne
18.30-19.00	GRIT - CARDIO	1	Suzanne
18.00-19.00	YOGA	2	Vanessa
20.00-21.00	Virtual BODYPUMP	1	

Saturday			
Time	Class	Studio	Who
07.15-08.15	Virtual BODYPUMP	1	
07.15-08.00	Virtual RPM	Cycle	
09.00-09.45	BODYATTACK	1	Sarah
09.00-10.00	PILATES	2	Sean
09.00-09.45	RPM	Cycle	Lynne
10.00-10.30	SPRINT	Cycle	Lynne
10.05-11.05	BODYBALANCE	2	Sean
09.50-10.50	BODYPUMP	1	Sarah
10.50-11.20	GRIT-CARDIO	1	Deb
11.10-12.10	YOGA	2	Kirsten

Sunday			
Time	Class	Studio	Who
07.15-08.15	Virtual BODYCOMBAT	1	
07.15-08.00	Virtual RPM	Cycle	
08.30-09.30	PILATES	2	lesley
09.30-10.00	SPRINT	Cycle	Lynne
09:45-10:30	BODYCOMBAT	1	Clara
10:35-11:35	BODYPUMP	1	Clara
18.00-19.00	Pilates	2	Dave