

Group Fitness & Cycling Timetable - Warrington

Monday			
Time	Class	Studio	Who
6:30-7:15am	Bootcamp	Aerobics	Lee
9:30- 10:00am	Sprint	Spin	Jane
10:00-10:50am	RPM	Spin	Jane
10:00-11:00am	Body Pump	Aerobics	June
10:15-11:00am	Aqua Fit	Pool	Carol
11:00-11:30am	CX WORX	Aerobics	June
11:00-11:45am	Nice and Easy Dance	Wellness	Debbie
11:00-11:45am	Aqua Fit	Pool	Stacy
12:00-12:45pm	Sh'Bam	Aerobics	Stacy
12:30-1:30pm	Pilates	Wellness	Penny
6:00-6:45pm	Fitness Yoga	Wellness	Bernie
6:00-7:00pm	Body Pump	Aerobics	Alison
7:00-8:00pm	Body Combat	Aerobics	June
7:00-7:30pm	Sprint	Spin	Alison
7:30-8:00pm	RPM	Spin	Alison
8:00-9:00pm	Boxing Yoga	Wellness	Julia

Tuesday			
Time	Class	Studio	Who
6:15-6:45am	Metafit	Aerobics	James
6:45-7:30am	Spin	Spin	James
9:00-9:30am	Metafit	Aerobics	Alison
9:30-10:00am	Abs	Aerobics	Alison
10:00-10:45am	Spin	Spin	James
10:00-10:45am	Express Body Pump	Aerobics	Alison
10:00-11:30am	Hatha Yoga	Wellness	Craig
10:45-11:45am	Legs, Bums and Tums	Aerobics	Debbie
12:15-12:45pm	BootCamp	Aerobics	Alison
1:00-2:00pm	Pilates	Wellness	Penny
6:00-6:45pm	Legs, Bums and Tums	Aerobics	Bernie
6:00-6:45pm	Spin	Spin	Mark
7:00-8:00pm	Body Attack	Aerobics	Annie
7:00-7:45pm	Spin	Spin	Mark
7:00-8:30pm	Vinyasa Yoga	Wellness	Phil
8:00-9:00pm	Body Pump	Aerobics	Judy

Wednesday			
Time	Class	Studio	Who
6:30-7:00am	Bootcamp	Aerobics	Lee
9:30-10:00am	Grit	Aerobics	Jane
10:00-11:00am	Body Step	Aerobics	Judy
10:00-10:50am	RPM	Spin	Jane
10:15-11:00am	Fitness Yoga	Wellness	Bernie
10:30-11:15am	Aqua Fit	Pool	Jess
11:00-11:30am	CX WORX	Aerobics	Jane
11:15-12:00pm	Body Vive	Wellness	Judy
11:15-12:00pm	Aqua Fit	Pool	Jess
12:00-12:45pm	Zumba Gold	Aerobics	Donna
6:00-7:00pm	Body Pump	Aerobics	June
7:00-7:30pm	CXWORX	Aerobics	June
7:00-7:45pm	Spin	Spin	James
7:30-9:00pm	Vinyasa Yoga	Wellness	Jackie
8:00-8:30pm	Metafit	Aerobics	James

Thursday			
Time	Class	Studio	Who
6:45-7:30am	Spin	Spin	James
9:30-10:15am	Spin	Spin	James
9:30-10:15am	PiYo	Aerobics	Eileen
10:00-11:30am	Hatha Yoga	Wellness	Julia
10:15-11:00am	Kettlercise	Aerobics	Eileen
10:30-11:00am	Baby Splash Time	Pool	Kay
11:00-11:45am	Aqua Fit	Poo	Kay
11:00-12:00pm	Zumba	Aerobics	Donna
12:15-12:45pm	Metafit	Aerobics	James
6:00-6:45pm	RPM	Spin	Alison
6:00-7:00pm	Body Combat	Aerobics	Adam
7:00-8:00pm	Hatha Yoga	Wellness	Julia
7:00-8:00pm	Body Pump	Aerobics	Alison
8:00-9:00pm	Zumba	Aerobics	Leila
8:00-8:30pm	Sprint	Spin	Alison

Friday			
Time	Class	Studio	Who
6:30-7:00am	Metafit	Aerobics	Alison
9:15-9:45am	CX WORX	Aerobics	June
9:45-10:45am	Body Combat	Aerobics	June
9:45-10:45am	RPM	Spin	Jane
10:30-12:00pm	Hatha Yoga	Wellness	Craig
10:45-11:30am	Express Body Pump	Aerobics	Jane
11:00-11:45am	Aqua Fit	Pool	Judy
6:00-7:00pm	Body Pump	Aerobics	Julie

Saturday			
Time	Class	Studio	Who
8:30-10:00am	Vinyasa Yoga	Wellness	Jackie
9:00-9:45am	Spin	Spin	Mark
9:00-10:00am	Body Pump	Aerobics	Julie
10:00-10:45am	Spin	Spin	Mark
10:00-11:00am	Body Step	Aerobics	Julie
11:00-12:00pm	Body Combat	Aerobics	Milla
11:30-12:30pm	Body Balance	Wellness	Cathy
Sunday			
Time	Class	Studio	Who
9:00-9:30am	Metafit	Aerobics	Beth
9:30-10:00am	Sprint	Spin	Beth
9:30-10:00am	CXWORX	Aerobics	Julie
10:00-11:00am	Body Step	Aerobics	Julie
10:00-10:50am	RPM	Spin	Milla
11:00-12:00pm	Zumba	Aerobics	Leila