

Group Fitness & Cycling Timetable - Swindon

Monday			
Time	Class	Studio	Who
6:05 am	SPRINT	Spin Room	Stacy
6:35 am	BODYATTACK	Aerobics	Ben
9:30 am	BODYVIVE 3.1	Aerobics	Tori
10:30 am	FITNESS PILATES	Aerobics	Jayne
11:30 am	BODY PUMP	Aerobics	Rachel
12:00 pm	AQUA	Pool	Jayne
12:40 pm	METAFIT	Aerobics	Danny
5:30 pm	GRIT STRENGTH	Aerobics	Sam
6:00 pm	BODYCOMBAT	Aerobics	Lorraine
6:05 pm	RPM	Spin Room	Jazz
7:00 pm	BODYPUMP	Aerobics	Jazz
7:00 pm	APEX CORE	Spin Room	Matt
7:45 pm	BODYBALANCE	Aerobics	Jazz

Tuesday			
Time	Class	Studio	Who
6:05 am	SPRINT	Spin Room	Jazz
6:35 am	CIRCUITS	Aerobics	Jazz
9:15 am	RPM	Spin Room	Jazz
9:30 am	PILATES	Aerobics	Rachel
10:40 am	DANCE FIT	Aerobics	Jazz
12:00 pm	BODYCOMBAT	Aerobics	Ben
12:30 pm	CXWORX	Aerobics	Ben
5:30 pm	BODYATTACK	Aerobics	Kara
6:00 pm	METAFIT	Aerobics	Danny
6:30 pm	ZUMBA TONING	Aerobics	Donna
6:35 pm	RPM	Spin Room	Jess
7:30 pm	CIRCUITS	Aerobics	Mike
7:30 pm	AQUA	Pool	Shell

Wednesday			
Time	Class	Studio	Who
6:15 am	RPM	Spin Room	Jazz
9:30 am	SPRINT	Spin Room	Jazz
10:00 am	CXWORX	Aerobics	Ben
10:30 am	BODYPUMP	Aerobics	Jazz
11:35 am	BODYBALANCE	Aerobics	Jazz
11:45 am	AQUA	Pool	Jayne
5:30 pm	GRIT PLYO	Aerobics	Sam
6:00 pm	BODYPUMP	Aerobics	Claire
6:05 pm	SPRINT	Spin Room	Jess
6:45 pm	BODYATTACK	Aerobics	Kirsty
7:00 pm	AQUA	Pool	Shell
7:15 pm	BODYBALANCE	Spin Room	Lisa
7:30 pm	BODYJAM	Aerobics	Cheryl

Thursday			
Time	Class	Studio	Who
6:05 am	GRIT STRENGTH	Aerobics	Stacy
6:35 am	CXWORX	Aerobics	Ben
9:15 am	BODY ATTACK	Aerobics	Ben
10:30 am	FITNESS PILATES	Aerobics	Jayne
12:00 pm	BODYPUMP	Aerobics	Ben
12:00 pm	AQUA	Pool	Shell
5:30 pm	METAFIT	Aerobics	Danny
6:00 pm	SPRINT	Spin Room	Jazz
6:00 pm	CXWORX	Aerobics	Ben
6:30 pm	BOUNCE DANCEFIT	Aerobics	Shell
6:35 pm	RPM	Spin Room	Stacy
7:20 pm	YOGA	Aerobics	Jade

Friday			
Time	Class	Studio	Who
6:05 am	BODYPUMP	Aerobics	Ben
6:15 am	RPM	Spin Room	Jess
9:30 am	BODYCOMBAT	Aerobics	Ben
10:45 am	BOUNCE DANCEFIT	Aerobics	Shell
11:30 am	AQUA	Pool	Jayne
12:00 pm	CXWORX	Aerobics	Ben
12:30 pm	FITNESS PILATES	Aerobics	Jayne
12:35 pm	SPRINT	Spin Room	Stacy
5:45 pm	FUNCTIONAL BLAST	Aerobics	Mike
6:15 pm	BODYJAM	Aerobics	Cheryl
6:20 pm	SPRINT	Spin Room	Jess

Saturday			
Time	Class	Studio	Who
8:30 am	METAFIT	Aerobics	Stacy
9:00 am	CXWORX	Aerobics	Stacy
9:30 am	CARDYCORE	Aerobics	Ben
9:35 am	SPRINT	Spin Room	Stacy
10:15 am	BODYJAM	Aerobics	Cheryl
10:20 am	RPM	Spin Room	Stacy
11:30 am	TOT. SHREDDED	Aerobics	Shell
12:15 pm	AQUA	Pool	Jayne
4:30 pm	BODYCOMBAT	Aerobics	Ben

Sunday			
Time	Class	Studio	Who
8:30 am	SPRINT	Spin Room	Jazz
9:00 am	CXWORX	Aerobics	Ben
9:30 am	BODYATTACK	Aerobics	Ben
9:35 am	RPM	Spin Room	Jazz
10:35 am	BODYPUMP	Aerobics	Jazz
11:35 am	BODYBALANCE	Aerobics	Jazz
4:30 pm	BODYJAM	Aerobics	Lucy
5:35 pm	SYMMETRY	Aerobics	Danny