

Group Fitness Timetable -Village Gym Bournemouth

Monday			
Time	Class	Studio	Movement
6.30am	APEX Ignite	Gym	Fitness
9.15am	Body Conditioning	S1	Fitness
9.30am	Aqua	Pool	Fitness
9.30am	Pilates	WS	Holistic
10.15am	Aqua	Pool	Fitness
10.15am	Nice & Easy	S1	Fitness
11.15am	Sh'bam	S1	Dance
11.30am	Pilates	WS	Holistic
12.30pm	Vinyasa Yoga	WS	Holistic
12.30pm	APEX Active	Gym	HIIT
5.30pm	Grit Series	S1	HIIT
5.30pm	Body Balance	WS	Holistic
6.15pm	Body Balance	WS	Holistic
6.00pm	APEX Agility	Gym	Fitness
6.10pm	Body Combat	S1	Combat
7.20pm	Body Pump	S1	Fitness
7.30pm	APEX Release	Gym	Fitness

Tuesday			
Time	Class	Studio	Movement
6.30am	Grit Series	S1	HIIT
9.30am	LBT	S1	Fitness
9.30am	Yoga Sivananda	WS	Holistic
9.30am	Aqua	Pool	Fitness
10.15am	Aqua	Pool	Fitness
10.30am	Body Pump	S1	Fitness
11.00am	Body Balance	WS	Holistic
12.30pm	APEX Strength	Gym	Fitness
5.45pm	Pilates	WS	Holistic
5.30pm	Body Pump	S1	Fitness
6.00pm	APEX Fusion	Gym	HIIT
6.30pm	Body Attack	S1	Fitness
6.30pm	Iyengar Yoga	WS	Holistic
7.30pm	Sh'Bam	S1	Dance
7.30pm	APEX Ignite	Gym	Fitness

Wednesday			
Time	Class	Studio	Movement
6.30am	APEX Ignite	Gym	Fitness
9.30am	Body Attack	S1	Fitness
9.30am	Vinyasa Yoga	WS	Holistic
9.30am	Aqua	Pool	Fitness
10.30am	Body Balance	WS	Holistic
10.30am	APEX Core	Gym	Core
10.45am	Nice & Easy	S1	Fitness
12.00pm	Yoga Sivananda	WS	Holistic
12.30pm	APEX Active	Gym	HIIT
1.30pm	Yoga Hatha	WS	Holistic
6.00pm	Body Pump	S1	Fitness
6.00pm	APEX Strength	Gym	Fitness
6.30pm	Aqua	Pool	Fitness
6.30pm	Pilates	WS	Holistic
7.00pm	Body Combat	S1	Combat
7.30pm	APEX Release	Gym	HIIT

Thursday			
Time	Class	Studio	Movement
6.30am	Grit Series	S1	HIIT
7.00am	Body Balance	WS	Holistic
9.30am	20 20 20	S1	Fitness
9.30am	Pilates	WS	Holistic
10.30am	Pilates	WS	Holistic
11.30am	Aqua Zumba	Pool	Fitness
11.30am	APEX Core	Gym	Core
12.30pm	APEX Strength	Gym	Fitness
6.00pm	Grit Series	S1	HIIT
6.00pm	Iyengar Yoga	WS	Holistic
6.00pm	Olympic Lifting Workshop	Gym	HIIT
6.30pm	APEX Core	Gym	Core
6.30pm	Body Attack	S1	Fitness
7.30pm	Body Balance	WS	Holistic

Friday			
Time	Class	Studio	Movement
6.30am	Grit Series	S1	HIIT
9.00am	Pilates	WS	Holistic
9.30am	Body Pump	S1	Fitness
9.30am	Aqua	Pool	Fitness
10.00am	Pilates	WS	Holistic
11.00am	Hatha Yoga	WS	Holistic
11.30am	Nice & Easy Circuits	S1	Fitness
12.30pm	APEX Active	Gym	HIIT
1.00pm	Iyengar Yoga	WS	Holistic
6.00pm	Body Balance	WS	Holistic
6.00pm	APEX Agility	Gym	Fitness
7.30pm	APEX Release	Gym	Fitness

Saturday			
Time	Class	Studio	Movement
8.00am	Adult Ballet	WS	Holistic
8.30am	Grit Series	S1	HIIT
9.00am	Body Balance	WS	Holistic
9.00am	Body Combat	S1	Combat
10.00am	Pilates	WS	Holistic
10.00am	Body Pump	S1	Fitness
11.00am	Pilates	WS	Holistic
12.15pm	Revitalising Yoga	WS	Holistic
3.00pm	APEX Ignite	Gym	Fitness
3.30pm	APEX Core	Gym	Fitness

Sunday			
Time	Class	Studio	Movement
8.00am	APEX Agility	Gym	Fitness
8.45am	Boot Camp	S1	HIIT
9.15am	Body Balance	WS	Holistic
9.15am	Body Attack	S1	Fitness
10.00am	Body Pump	S1	Fitness
10.30am	Iyengar Yoga	WS	Holistic

RECEPTION: 01202 416111