

Group Fitness & Cycling Timetable - Village Gym St. Davids

Monday			
Time	Class	Studio	Who
7:00am	BodyCombat	1	Carl
7:00am	Spin	Spin	Sion
8:30am	Pilates	1	Louise
9:30am	Pilates	1	Louise
9:30am	Spin	Spin	James
10:30am	Grit	1	Sion
10:30am	Sprint	Spin	Katy
11:00am	BodyCombat	1	Katy
12:00am	Zumba	1	Helen
1:30pm	Aqua	Pool	Katy
5:15pm	Yoga	1	Carole
5:45pm	Spin	Spin	Ethan
6:15pm	BodyCombat	1	Carl
7:00pm	Spin	Spin	Laura
7:15pm	Sh'bam	1	Estelle
8:00pm	BodyPump	1	Laura

Tuesday			
Time	Class	Studio	Who
7:00am	BodyAttack	1	Anna
9:00am	Metafit	1	Ethan
9:30am	Spin	Spin	Carl
9:30am	BodyPump	1	Kath
10:00am	Aqua	Pool	Donna
10:30am	20/20/20	1	Kath
11:30am	Pound	1	Donna
12:45am	Yoga	1	Carole
4:00pm	Teen Gym	Gym	Tommy
5:00pm	Metafit	1	Sion
5:30pm	BodyPump	1	Deirdre
5:30pm	Spin	Spin	Sarah
6:30pm	Spin	Spin	Tommy
6:30pm	Step	1	Sarah
7:15pm	BodyCombat	1	Carl
8:15pm	Grit	1	Sion

Wednesday			
Time	Class	Studio	Who
7:00am	Spin	Spin	Ethan
7:00am	BodyPump	1	Laura
9:30am	Yoga	1	Carole
9:30am	Spin	Spin	James
10:30am	LBT	1	Laura
12:00pm	Symmetry	1	Stuart
1:00pm	Zumba Gold	1	Ollie
5:15pm	Clubbercise	1	Rachael
5:30pm	Spin	Spin	Sion
6:00pm	Boxercise	1	Tommy
7:00pm	Spin	Spin	Alex
7:00pm	BodyCombat	1	Tersia
8:00pm	BodyBalance	1	Tersia

Thursday			
Time	Class	Studio	Who
9:00am	BodyPump	1	Karen
9:30am	Spin	Spin	Katy
10:00am	BodyBalance	1	Karen
11:00am	Aqua	Aqua	Ollie
12:30pm	Pilates	1	Donna
1:30pm	Tai Chi	1	Dave
4:00pm	Teen Gym	1	Sion
5:00pm	Grit	1	Katy
5:45pm	BodyAttack	1	Katy
5:30pm	Spin	Spin	Sion
6:45pm	Pilates	1	Donna
7:00pm	Sprint	Spin	Katy
7:45pm	Grit	1	Sion

Friday			
Time	Class	Studio	Who
7:00am	Metafit	1	James
7:00am	Spin	Spin	Alex
9:00am	Metafit	1	Alex
9:30am	Spin	Spin	James
9:30am	Step n Tone	1	Kathy
10:30am	20/20/20	1	Kathy
5:00pm	Circuits	1	Carl
5:30pm	Spin	Spin	Laura
5:45pm	BodyCombat	1	Carl
6:45pm	BodyPump	1	Vicky

Saturday			
Time	Class	Studio	Who
8:30am	Metafit	1	Laura
9:00am	Spin	Spin	Katy
9:00am	BodyCombat	1	Carl
10:00am	Spin	Spin	Laura
10:00am	BodyPump	1	Katy
11:00am	Family Spin	Spin	Katy
11:15am	BodyBalance	1	Sarah
3:00pm	Karate	1	Andy
5:00pm	Kettlebell Blast	1	Ethan

Sunday			
Time	Class	Studio	Who
9:00am	Grit	1	Sion
9:30am	Grit	1	Sion
9:30am	Sprint	Spin	Katy
10:00am	Spin	Spin	Sion
10:00am	BodyPump	1	Katy
11:00am	BodyAttack	1	Katy
1:30pm	Karate	1	Andy
4:00pm	Kids Fun Time	1	Tommy
4:00pm	Spin	Spin	James