

Group Fitness & Cycling Timetable - Village Gym Blackpool

Monday			
Time	Class	Studio	Who
6:10 am	Vitrual RPM Express	Spin	Virtual
6:15 am	Grit CARDIO	1	Sean
6:15 am	Apex IGNITE	Gym	PT
6:45 am	CX Worx	1	Sean
8:15 am	Virtual RPM	Spin	Virtual
8:30 am	Apex ACTIVE	Gym	PT
9:30 am	V Cycle	Spin	Yvonne
9:30 am	Body VIVE	1	Nikki
10:30 am	Body PUMP	1	Nikki
11:00 am	Fitball	2	Sue
12:00 pm	RPM Express	Spin	Virtual
12:00 pm	Pilates	2	Sue
12:15 pm	Aqua	Pool	Rosie
1:15 pm	Yoga	2	Sarah
6:00 pm	V Cycle	Spin	Tracy
6:00 pm	Body PUMP	1	Emma
6:00 pm	Body VIVE	2	Rosie
6:30 pm	Apex STRENGTH	Gym	PT
7:00 pm	Apex CORE	Gym	PT
7:00 pm	V Cycle 55	Spin	Wendy
7:00 pm	Body COMBAT 45	1	Emma
7:00 pm	Body BALANCE	2	Rosie
7:00 pm	Apex CORE	Gym	PT

Thursday			
Time	Class	Studio	Who
6:15 am	Vitrual RPM Express	Spin	Virtual
6:15 am	Boxercise	1	Vicky
8:15 am	Virtual RPM Express	Spin	Virtual
8:30 am	Apex CORE	Gym	PT
9:30 am	Virtual RPM	Spin	Virtual
10:30 am	Body PUMP 45	1	Nikki
10:30 am	Yoga	2	Karen
12:00 pm	SPRINT	Spin	Nikki
1:00 pm	Nice & Easy	2	Maria
5:30 pm	Grit CARDIO	1	lmy
6:00 pm	Torque	Spin	Emily
6:15 pm	Body PUMP	1	Emma
6:15 pm	Body JAM	2	Louise
6:30 pm	Apex STRENGTH	Gym	PT
7:15 pm	Body ATTACK 45	1	Emma

Tuesday			
Time	Class	Studio	Who
6:15 am	Vitrual RPM Express	Spin	Virtual
6:15 am	Body PUMP	1	Nikki
6:15 am	Apex AGILITY	Gym	PT
7:30 am	Vitrual RPM Express	Spin	Virtual
9:30 am	Virtual RPM	Spin	Virtual
9:30 am	Body Conditioning	1	Karen
9:30 am	Metafit	2	Vicky
10:00 am	Ugi Ball	2	Vicky
10:30 am	Pilates	2	Karen
10:30 am	Apex CORE	Gym	PT
12:00 pm	Spin & Abs	Spin	Rosie
1:30 pm	Yoga	2	Julie
5:00 pm	Grit STRENGTH	1	Emily
5:30 pm	CX Worx	1	Nikki
6:00 pm	RPM	Spin	Emma
6:00 pm	Body COMBAT	1	Louise
6:00 pm	Pilates	2	Michelle
6:30 pm	Apex IGNITE	Gym	PT
7:00 pm	SPRINT	Spin	Emma
7:00 pm	Body PUMP	1	Louise
7:00 pm	Zumba	2	Shelley

Friday			
Time	Class	Studio	Who
6:15 am	SPRINT	Spin	Rosie
6:45 am	Body COMBAT 45	1	Sean
7:00 am	Apex IGNITE	Gym	PT
8:15 am	Virtual RPM	Spin	Virtual
9:30 am	V Cycle	Spin	Rosie
9:30 am	Body Conditioning	1	Karen
10:00 am	Grit CARDIO	2	Sean
10:35 am	CX Worx	1	Sean
11:05 am	Body BALANCE	2	Rosie
12:00 pm	Virtual RPM	Spin	Virtual
12:15 pm	Aqua	Pool	Michelle
1:30 pm	Chi Balance	2	Paul
6:00 pm	RPM	Spin	Nikki
6:00 pm	Body PUMP	1	Vicki
6:00 pm	Grit CARDIO	2	lmy
6:30 pm	Apex IGNITE	Gym	PT
6:30 pm	Box Blast	2	lmy

Wednesday			
Time	Class	Studio	Who
6:10 am	Vitrual RPM Express	Spin	Virtual
6:15 am	Grit PLYO	1	Sean
6:15 am	Apex STRENGTH	Gym	PT
6:45 am	CX Worx	1	Sean
8:15 am	Virtual RPM	Gym	PT
9:30 am	RPM	Spin	Nikki
9:30 am	Body COMBAT	Sean	1
10:30 am	Apex RELEASE	Gym	PT
10:30 am	Body PUMP	1	Sean
11:00 am	Pilates	2	Mandy
12:00 pm	Vitrual RPM Express	Spin	Virtual
12:15 pm	Aqua	Pool	Rosie
12:30 pm	Zumba	1	Barry
6:00 pm	V Cycle	Spin	Rosie
6:00 pm	Body PUMP 45	1	Emily
6:00 pm	Body COMBAT	2	Danny
6:30 pm	Apex AGILITY	Gym	PT
7:00 pm	Apex Core	Gym	PT
7:00 pm	V Cycle 55	Spin	Wendy
7:00 pm	Body BALANCE	2	Rosie

Saturday			
Time	Class	Studio	Who
7:00 am	Apex CORE	Gym	PT
7:30 am	Virtual RPM Express	Spin	Virtual
8:30 am	V Cycle	Spin	Tracy
8:30 am	Body COMBAT 45	1	Louise
9:30 am	Apex IGNITE	Gym	PT
9:30 am	V Cycle 55	Spin	Tracy
9:30 am	Body JAM	1	Louise
9:30 am	Body COMBAT	2	Sean
10:30 am	Body PUMP	1	Louise
10:45 am	Symmetry	2	Rosie
12:00 pm	Virtual RPM Express	Spin	Virtual
2:00 pm	Virtual RPM	Spin	Virtual
3:00 pm	Apex IGNITE	Gym	PT

Sunday			
Time	Class	Studio	Who
7:00 am	Apex FUSION	Gym	PT
7:15 am	Virtual RPM Express	Spin	Virtual
8:15 am	Virtual RPM Express	Spin	Virtual
8:30 am	Grit STRENGTH	1	Sean
9:00 am	CX Worx	1	Nikki
9:15 am	SPRINT	Spin	Emma
9:30 am	Apex AGILITY	Gym	PT
10:00 am	Apex RELEASE	Gym	PT
10:00 am	Body ATTACK	1	Emma
10:30 am	Virtual RPM	Spin	Virtual
11:00 am	Body PUMP	1	Emma
12:00 pm	RPM Express	Spin	Virtual
10:30 am	Virtual RPM	Spin	Virtual
3:00 pm	Apex CORE	Gym	PT