

**Group Fitness Timetable - Village Gym Cardiff**

Monday			
Time	Class	Studio	Who
6.45am	Bodypump Virtual	St1	N/A
9.30am	Aerobics	St2	Sarah
9.30am	Body Pump	St1	Gemma
11.15am	LBT Gentle	St2	Sarah
10.30am	CX Works	St1	Paul
11.00am	Aquafit	P	Becci
11.10am	Shabam Virtual	St1	N/A
10.30am	LBT Gentle	St2	Sarah
12.00pm	Yoga	St2	Melanie
12.15pm	Bodybalance	St1	Cath
2.00pm	Bodypump Virtual	St1	N/A
5.30pm	Bodyattack	St1	Emma
6.00pm	Ugi Hiit	St2	Becci
6.30pm	Circuits	St1	Maria
7.30pm	Yoga	St2	Ellie
8.30pm	Body Pump	St1	Steve

Thursday			
Time	Class	Studio	Who
7.00am	Bodycombat Virtual	St1	N/A
9.15am	Pilates	St1	Cath
9.30am	Step	St2	Paul
10.00am	Bodybalance	St1	Cath
10.15am	Body Condition	St2	Paul
11.10am	Bodycombat Virtual	St1	N/A
11.15am	Symmetry	St2	Gemma
11.30am	Aquafit	P	Melanie
12.15pm	Yoga	St2	Melanie
2.00pm	Bodycombat Virtual	St1	N/A
5.45pm	CX Works	St1	Paul
6.15pm	Metafit	St1	Paul
6.45pm	Metafit	St1	Paul
7.00pm	Yoga	St2	Brenda
7.30pm	Bodybalance Virtual	St1	N/A
8.30pm	Bodypump	St1	Steve
8.30pm	Zumba	St2	Steve

Tuesday			
Time	Class	Studio	Who
6.45am	Bodypump Virtual	St1	N/A
9.30am	Body Pump	St1	Cath
9.30am	Step	St2	Maria
10.15am	Body Condition	St2	Maria
10.30am	Bodybalance	St1	Cath
11.00am	Aerobics	St2	Linda
12.00pm	Line Dancing	St2	Christine
12.15pm	Aquafit	P	Melanie
12.30pm	Bodybalance Virtual	St1	N/A
5.00pm	Bodycombat Virtual	St1	N/A
5.45pm	Bodycombat	St1	Robin
6.15pm	Body Condition	St2	Linda
7.00pm	Bodypump	St1	Kirsty
7.15pm	Ugi Holistic	St2	Becci
8.15pm	Shabam Virtual	St1	Becci

Friday			
Time	Class	Studio	Who
9.30am	Step	St1	Paul
9.30am	Ugi hiit + Abbs	St2	Emily
10.15am	Body Condition	St1	Paul
11.00am	Bodycombat	St1	Paula
11.00am	Zumba	St2	Heather
12.00pm	Aquafit	P	Becci
12.10pm	Bodybalance Virtual	St1	N/A
12.00pm	Yoga	St2	Margaret
2.00pm	Shabam Virtual	St1	N/A
5.30pm	Bodypump	St1	Kirsty
6.00pm	Circuits	St2	Robin
7.00pm	Bodycombat	St1	Robin
8.15pm	Bodybalance Virtual	St1	N/A

Wednesday			
Time	Class	Studio	Who
6.45am	Bodypump	St1	Hanna
9.30am	Aerobics	St1	Linda
9.30am	Step	St2	Maria
10.15am	Pilates	St1	Melanie
10.30am	Bodybalance	St2	Maria
11.00am	Aquafit	P	Angela
11.15am	Bodypump	St1	Gemma
11.30am	Bodycombat	St2	Heather
2.00pm	Bodybalance Virtual	St1	N/A
5.30pm	Swiss Ball	St1	Clare
6.30pm	Circuits	St2	Rebecca
7.00pm	Bodypump	St1	Kirsty
8.15pm	Yoga	St2	Brenda
8.15pm	Bodybalance Virtual	St1	N/A

Saturday			
Time	Class	Studio	Who
8.15am	Bodyattack	St1	Anna
9.30am	Bodypump	St1	Emily
10.30am	Ugi hiit + Abbs	St1	Kirsty
11.30am	Bodybalance Virtual	St1	N/A
4.00pm	Swiss Ball	St1	Clare
6.00pm	Bodypump Virtual	St1	N/A
7.00pm	Bodybalance Virtual	St1	N/A

Sunday			
Time	Class	Studio	Who
8.30am	Bodycombat	St1	Anna
8.45am	Bodycombat	St2	Paula
9.45am	Bodypump	St1	Anna
10.45am	Bodyattack	St1	Anna
12.00pm	Bodybalance Virtual	St1	N/A
5.00pm	Bodypump Virtual	St1	N/A
6.00pm	Bodybalance Virtual	St1	N/A
6.30pm	Aqua	P	Sarah
7.15pm	Pilates	St2	Heather