

**Group Fitness & Cycling Timetable - Village Gym Cheadle**

Monday			
Time	Class	Studio	Who
6:30 am	Circuits	Aerobics	Gym
9:30 am	Body pump	Aerobics	Nicola
10:00 am	Tai chi	Wellness	Joseph
10:30 am	Spin	Spin	Glenn
10:30 am	Body cond	Aerobics	Natalie
10:30 am	Aqua	Poolside	Rob
10:45 am	Zumba	Aerobics	Dionne
11:30 am	Fitness Yoga	Wellness	Natalie
11:45 am	Functional blast	Aerobics	Maxine
12:30 pm	Pilates	Wellness	Angela
1:30 pm	Pilates	Wellness	Angela
1:30 pm	Aqua	Poolside	Charlotte
5:15 pm	Zumba	Aerobics	Dionne
6:00 pm	Body cond	Aerobics	Lisa
6:00 pm	Spin	Spin	Audrey
6:45 pm	Yoga	Wellness	Andrew
7:00 pm	Metafit	Aerobics	Marcus
7:30 pm	Sprint	Spin	Marcus

Thursday			
Time	Class	Studio	Who
6:45 am	Circuits	Aerobics	Gym
9:30 am	Salsa	Aerobics	Franklyn
9:30 am	Pilates	Wellness	Angela
10:15 am	Zumba	Aerobics	Michelle
10:15 am	Spin	Spin	Audrey
11:00 am	Pilates	Wellness	angela
11:15 am	Aqua	Poolside	Lisa
12:00 pm	Jazz dance	Aerobics	Franklyn
5:30 pm	Grit	Aerobics	Rob
6:00 pm	body pump	Aerobics	Rob
6:00 pm	RPM	Spin	Charlotte
7:15 pm	Zumba	Aerobics	Don
7:45 pm	RPM	Spin	Charlotte

Tuesday			
:	Class	Studio	Who
9:30 am	Body pump	Aerobics	Liz
9:30 am	Pilates	Wellness	Natalie
9:30 am	Spin	Spin	Audrey
10:30 am	Zumba	Aerobics	Dionne
10:30 am	Aqua	Poolside	Rob
10:30 am	CX worx	Wellness	Liz
11:15 am	Body balance	Wellness	Audrey
12:00 pm	Salsa	Aerobics	Franklyn
1:30 pm	Yoga	Wellness	Trish
5:15 pm	Zumba	Aerobics	Dionne
6:00 pm	Body cond	Aerobics	Charlotte
6:00 pm	Pilates	Wellness	Brenda
6:45 pm	Spin	Spin	Glenn
7:00 pm	Body balance	Wellness	Audrey
7:00 pm	Grit	Aerobics	Rob
7:45 pm	RPM	Spin	Rob

Friday			
Time	Class	Studio	Who
9:30 am	Zumba	Aerobics	Natalie
9:30 am	Spin	Spin	Dave
10:30 am	Step	Wellness	Lisa
10:30 am	Fitness yoga	Wellness	Natalie
11:30 am	Functional blast	Aerobics	Maxine
12:30 pm	Yoga	Wellness	Trish
1:30 pm	Aqua	Poolside	Lisa
2:30 pm	Pilates	Wellness	Liz
5:15 pm	Step	Aerobics	Bertrand
5:30 pm	RPM	Spin	Rob
6:15 pm	Body pump	Aerobics	Bertrand
7:30 pm	Sprint	Spin	Rob

Wednesday			
Time	Class	Studio	Who
9:15 am	Pilates	Wellness	Natalie
9:30 am	Step	Aerobics	Lisa
10:00 am	Pilates	Wellness	Natalie
10:00 am	Spin	Spin	Audrey
10:15 am	Legs, bums and tums	Aerobics	Natalie
11:00 am	Pilates	Wellness	Natalie
11:15 am	Core	Aerobics	Glenn
11:30 am	Aqua	Poolside	Niki
6:00 pm	Body pump	Aerobics	Rob
6:00 pm	Spin	Spin	Audrey
7:00 pm	Grit	Aerobics	Rob
7:00 pm	Body balance	Wellness	Audrey

Saturday			
Time	Class	Studio	Who
9:00 am	Grit	Aerobics	Rob
9:30 am	Body pump	Aerobics	Rob
9:30 am	RPM	Spin	Liz
12:30 pm	Spin	Spin	Glenn
1:30 pm	Core	Aerobics	Glenn

Sunday			
Time	Class	Studio	Who
9:15 am	Body pump	Aerobics	Rob
9:30 am	Spin	Spin	Marcus
10:00 am	Yoga	Wellness	Andrew
10:15 am	Body combat	Aerobics	Jenni
9:30 am	Sprint	Spin	Rob
11:00 am	Body balance	Wellness	Jenni
6:30 pm	Zumba	Aerobics	Don