

Group Fitness & Cycling Timetable - Village Gym Coventry

Monday			
Time	Class	Studio	Who
6.30	Metafit	2	Live
6.45	RPM	1	Virtual
7.00	Real Abs	2	Live
7.30	BODYPUMP	1	Virtual
9.15	Spin	1	Live
9.30	CX WORX	2	Live
10.00	Body Conditioning	1	Live
10.00	Zumba	2	Live
11.00	Pilates	2	Live
11.45	Aqua	Pool	Live
12.00	Line Dancing	2	Live
12.30	RPM	1	Virtual
16.00	BODYBALANCE	1	Virtual
17.30	BODY PUMP	2	Live
17.30	Spin	1	Live
18.30	BODYCOMBAT	2	Live
18.30	Aqua	Pool	Live
19.15	Boxfit	vibe suite	Live
19.30	Yoga	2	Live

Tuesday			
Time	Class	Studio	Who
7.00	Circuits	2	Live
7.30	SPRINT	1	Live
9.00	BODY ATTACK	1	Live
9.30	BODYCOMBAT/PUMP	2	Live
10.00	GRIT	1	Live
10.30	REAL ABS	1	Live
10.30	Body Conditioning	2	Live
11.30	Aqua	Pool	Live
11.30	Pilates	2	Live
12.30	BODYCOMBAT	1	Virtual
13.00	Pilates	2	Live
16.30	BODYBALANCE	1	Virtual
17.30	Perfect Abs	1	Live
17.30	GRIT STRENGTH	2	Live
17.45	SH'BAM	1	Live
18.00	GRIT CARDIO	2	Live
18.30	Zumba	2	Live
18.30	SPRINT	1	Live
19.45	CX WORX	1	Virtual

Wednesday			
Time	Class	Studio	Who
6.30	Yoga	1	Live
7.00	Circuits	2	Live
7.30	Sprint	1	Live
9.00	CX WORKS	2	Live
9.15	Spin	1	Live
9.30	Body Conditioning	2	Live
10.00	Metafit	1	Live
10.30	Nice n Easy	2	Live
10.30	SH'BAM	1	Live
11.30	Pilates	1	Live
12.30	BODYBALANCE	1	Virtual
14.00	RPM	1	Virtual
17.30	Real Abs	2	Live
18.00	Metafit	2	Live
18.30	BODYPUMP	2	Live
18.30	Aqua	Pool	Live
19.30	Pilates	2	Live
20.00	Spin	1	Live

Thursday			
Time	Class	Studio	Who
7.00	Circuits	2	Live
7.35	BODYBALANCE	1	Virtual
9.30	BODYVIVE	2	Live
9.30	Spin Max	1	Live
10.15	Pilates	2	Live
10.30	Step n Tone	1	Live
11.15	Yoga	2	Live
11.45	Aqua	Pool	Live
12.30	BODYPUMP	1	Virtual
16.30	CX WORX	1	Virtual
17.30	Zumba	2	Live
17.30	Spin	1	Live
18.30	Circuits	2	Live
18.30	BODY ATTACK	1	Live
19.30	Boxfit	1	Live

Friday			
Time	Class	Studio	Who
6.30	Hatha Yoga	2	Live
6.30	Metafit	1	Live
7.00	Spin	1	Live
8.30	RPM	1	Virtual
9.15	BODYPUMP	1	Live
9.30	BODYCOMBAT	2	Live
10.30	Tai Chi	1	Live
10.30	BODYBALANCE	2	Live
12.30	SH'BAM	1	Virtual
13.15	Aqua	Pool	Live
16.30	CX WORX	1	Virtual
17.15	RPM	1	Live
17.30	BODYPUMP	2	Live
18.00	GRIT	1	Live
18.30	BODYCOMBAT	2	Live
18.30	BODYBALANCE	1	Live
19.35	SH'BAM	1	Virtual

Saturday			
Time	Class	Studio	Who
7.15	BODYCOMBAT	1	Virtual
8.30	Adv Ashtanga Yoga	2	Live
8.30	Real Abs	1	Live
9.00	Ashtanga Yoga	2	Live
9.00	Metafit	1	Live
9.30	Spin Max	1	Live
10.30	Body Conditioning	2	Live
10.30	Zumba	1	Live
11.30	Spin Max	1	Live
11.30	Symmetry	2	Live
12.45	Metafit	1	Live
15.00	Pilates	2	Live
16.00	Boxfit	2	Live
17.00	SH'BAM	1	Virtual

Sunday			
Time	Class	Studio	Who
7.15	BODYPUMP	1	Virtual
9.00	Metafit	2	Live
9.30	BODYCOMBAT	2	Live
9.30	Sprint / Abs	1	Live
10.30	Zumba	2	Live
10.30	BODYBALANCE	1	Live
11.30	Body Conditioning	2	Live
11.30	Yoga	1	Live
12.35	RPM	1	Virtual