

Group Fitness & Cycling Timetable - Bury

Monday

Time	Class	Studio	Who
08.45 - 09.15	Apex Ignite	Gym Floor	Leisure
09.30 - 10.00	GRIT SERIES	2	Dave
09.30 - 10.15	Zumba	1	Diane
10.00 - 10.30	SPRINT	Spin	Dave
09.45 - 10.15	Apex Core	Gym Floor	Leisure
10.20 - 11.15	Yoga	1	Gail
10.20 - 11.15	Yoga	2	Shelly
11.00 - 11.45	Aqua	Pool	Christine
11.20 - 12.05	Pilates	1	Marion
14.00 - 15.00	Nice n Easy	1	Don
18.15 - 19.00	V.Spin	Spin	Leisure
18.30 - 19.30	BODYATTACK	1	Bev
19.15 - 19.45	Apex Core	Gym Floor	Leisure

Thursday

Time	Class	Studio	Who
06.40 - 07.10	SPRINT	Spin	Ben
09.15 - 09.45	Apex Core	1	Leisure
09.30 - 10.15	BODYBALANCE	1	Karen
09.45 - 10.30	Circuit	1	Leisure
09.45 - 10.30	RPM	Spin	Ben
10.30 - 11.30	Pilates	1	Karen
10.35 - 11.35	BODYPUMP	2	Hayley
11.40 - 12.25	Zumba	2	Diane
12.30 - 13.30	Nice n Easy	1	Don
17.15 - 18.00	Kids Active (5-13 yrs)	1	Tom
17.30 - 18.00	Metafit	1	Leisure
18.00 - 18.45	V.Spin	Spin	Leisure
18.00 - 18.45	BODYPUMP	2	Imogen
19.00 - 20.00	Step	1	Julianne
18.50 - 19.35	Pilates	1	Julianne

Tuesday

Time	Class	Studio	Who
06.40 - 07.25	V.Spin	Spin	Leisure
09.00 - 09.30	GRIT SERIES	2	Leisure
09.30 - 10.30	BODYCOMBAT	2	Anne-michelle
09.30 - 10.30	Yoga	1	Gail
09.45 - 10.15	Apex Core	Gym Floor	Leisure
10.30 - 11.30	V.Spin	Spin	Leisure
10.35 - 11.35	BODYPUMP	2	Anne-michelle
10.35 - 11.20	Fitball	1	Bev
11.30 - 12.15	Legs Bums & Tums	1	Bev
17.15 - 18.00	Kids Active (5-13 yrs)	2	Tom
17.30 - 18.30	Yoga	1	Shelly
18.15 - 19.15	BODYPUMP	2	Nicola
18.30 - 19.15	V.Spin	Spin	Leisure
19.20 - 20.05	BODYATTACK	2	Nicola
19.30 - 20.00	Apex Core	Gym Floor	Leisure

Friday

Time	Class	Studio	Who
06:40 - 07:25	V.Spin	Spin	Leisure
09.30 - 10.15	BODYCOMBAT	2	Hayley
09.30 - 10.15	Pilates	1	Cilla
10.20 - 11.05	Step	2	Julieanne
10.20 - 11.05	Stretch	1	Cilla
11.10 - 12.10	V.Spin	Spin	Leisure
11.10 - 11.55	Legs, bums & tums	1	Cilla
12.00 - 12.45	Pilates	1	Cilla
12.30 - 13.15	Aqua	Pool	Sheryl
18.30 - 19.00	Abs Blast	1	Danny
19.00 - 20.00	Circuits	1	Danny

Wednesday

Time	Class	Studio	Who
06.40 - 07.10	Kettelbell	Gym Floor	Leisure
07.10 - 07.40	Apex Core	Gym Floor	Leisure
09.00 - 09.30	Apex Agility	Gym Floor	Leisure
09.30 - 10.15	BODYPUMP	2	Ben
09.30 - 10.15	Zumba	1	Diane
09.30 - 10.15	V.Spin	Spin	Leisure
10.20 - 11.05	Beginners Yoga	1	Gail
11.15 - 12.15	Aqua	Pool	Christine
11.15 - 12.15	Yoga	1	Gail
16.00 - 17.00	Teen Gym (11-15 yrs)	Gym Floor	Leisure
17.30 - 18.30	Boxfit	2	Leisure
17.30 - 18.15	Legs Bums & Tums	1	Megan
18.20 - 19.05	BODYCOMBAT	1	Megan
18.35 - 19.05	GRIT SERIES	2	Leisure

Saturday

Time	Class	Studio	Who
09.30 - 10.00	SPRINT	Spin	Ben
09.10 - 09.55	Kids Karate (5yrs up)	Squash Courts	Jon
09.30 - 10.00	Synergy Blast	Gym Floor	Leisure
10.00 - 11.00	Kids Karate (Orange Belt +)	Squash Courts	Jon
10.00 - 11.00	Tots Active (4-9 yrs)	1	Tom
10.05 - 11.05	BODYPUMP	2	Ben
10.45 - 11.30	V.Spin	Spin	Leisure
11.15 - 12.00	Pilates	1	Marion
14.00 - 14.45	Tai Chi	1	Don
15.00 - 16.00	Zumba	1	Don

Sunday

Time	Class	Studio	Who
10.00 - 11.00	BODYATTACK	2	Clare
10.00 - 11.00	Fit Kids (5yrs up)	1	Leisure
11.00 - 12.00	Yoga	1	Pauline
11.05 - 12.05	BODYPUMP	2	Hayley
12.00 - 13.00	Boxfit	1	Lee/James
12.10 - 12.55	Step	2	Julianne