

**Group Fitness & Cycling Timetable - Hyde**

Monday			
Time	Class	Studio	Who
09.30 - 10.15	Tri Workout	1	Janet H
10.20 - 11.05	Pilates	1	Janet H
10.20 - 11.05	Pilates & Relaxation	2	Cathyann
11.15 - 12.00	Aqua	Pool	Leisure
11.15 - 12.15	Line Dancing	1	Anthony
11.15 - 12.00	V. Spin	Spin	Leisure
17.00 - 17.30	APEX Release	Gym Floor	Leisure
17.30 - 18.15	RPM	Spin	Aaron
17.45 - 18.30	Legs Bums & Tums	1	Harriet
18.30 - 19.15	Fitness Yoga	2	Janet M
18.35 - 19.20	Dance Aerobics	1	Harriet

Tuesday			
Time	Class	Studio	Who
08.30 - 09.15	V. Spin	Spin	Leisure
09.30 - 10.15	SH'BAM™	1	Janet
09.30 - 10.00	APEX Core	Gym Floor	Leisure
10.20 - 11.05	Legs, Bums & Tums	2	Michelle
10.20 - 11.05	Pilates	1	Janet
11.15 - 12.45	Yoga	1	Margaret
14.00 - 15.00	Nice & Easy	1	Don
17.45 - 18.30	BODYATTACK™	1	Sue
18.35 - 19.35	BODYPUMP™	1	Janet
19.30 - 20.15	Torque	Spin	Leisure

Wednesday			
Time	Class	Studio	Who
09.30 - 10.15	V. Spin	Spin	Leisure
09.30 - 10.15	Step	1	Janet H
10.20 - 11.05	Legs, Bums & Tums	1	Nicky
11.10 - 12.10	Pilates	2	Nicky
11.15 - 12.00	Pilates	1	Cathyann
12.20 - 13.05	Aqua	Pool	Leisure
16.00 - 16.30	Junior Ballet - 4 yrs+	2	ASD
16.30 - 17.00	Junior Cheerleading - 4 yrs+	2	ASD
17.00 - 17.30	Apex Release	Gym Floor	Leisure
17.30 - 18.15	V. Spin	Spin	Tom
18.20 - 18.50	GRIT	1	Tom

Thursday			
Time	Class	Studio	Who
09.30 - 10.15	V. Spin	Spin	Leisure
09.30 - 10.15	Pilates	1	Janet M
10.20 - 11.05	Legs, Bums & Tums	1	Janet M
10.20 - 11.05	Metabolic Effect	2	Michele
11.10 - 11.55	Zumba	1	Sarah C
14.15 - 15.00	Tai Chi	1	Don
17.30 - 18.00	Metafit	1	Leisure
18.00 - 18.45	BODYCOMBAT™	1	Clare
18.45 - 19.45	BODYPUMP™	1	Sue
19.50 - 20.35	V. Spin	Spin	Leisure

Friday			
Time	Class	Studio	Who
07.00 - 07.45	Torque	Spin	Leisure
09.30 - 10.15	Tri Workout	1	Katrina
10.25 - 11.55	Yoga	1	Katrina
10.30 - 11.15	Aqua	Pool	Leisure
11.15 - 11.55	Beginners Line Dancing	2	Anthony
12.00 - 13:00	Line Dancing	1	Anthony
13.15 - 14.15	Stretch	1	Cilla
18.00 - 19.00	Kids Splash - all ages	Pool	n/a
17.30 - 18:15	Circuit	1	Leisure

Saturday			
Time	Class	Studio	Who
10.00 - 10.30	Apex Agility	Gym Floor	Leisure
10.00 - 10.45	Zumba	1	Sarah C
10.00 - 10.45	Kids Boxing (5-11 yrs)	2	Dean
10.50 - 11.35	BODYATTACK™	1	Angel
10.50 - 11.35	Kids Boxing (5-11 yrs)	2	Dean
11.40 - 12.25	BODYPUMP™	1	Angel
12.30 - 13.15	Aqua	Pool	Leisure
16.00 - 16.45	V. Spin	1	Leisure

Sunday			
Time	Class	Studio	Who
10.00 - 10.30	Apex Strenght	Gym Floor	Leisure
10.00 - 10.45	Junior Gym - 8-11 yrs	FS1/2	Leisure
10.00 - 11.00	BODYCOMBAT™	1	Michelle
11.00 - 11.45	Legs, Bums & Tums	1	Michelle
12.15 - 13.00	V. Spin	1	Leisure