

Group Fitness Timetable - Aberdeen

Monday			
Time	Class	Studio	Who
06:00-06:30	Virtual Body Pump	N/A	1
06:35-07:15	Circuits	Ria	1
07:30-08:00	Virtual CX Worx	N/A	1
09:30-10:30	Body Pump	Linda	1
09:30-10:30	Body Balance	Jenni	2
10:40-11:10	GRIT Cardio	Ria	2
10:40-11:40	Body Vibe	Linda	1
12:00-12:30	CX Worx	Linda	1
12:35-13:05	Tabata	Aimee	1
13:10-14:10	Virtual Body Pump	N/A	1
14:30-15:30	Virtual Body Combat	N/A	1
15:45-16:15	Virtual CX Worx	N/A	1
17:00-17:45	Circuits	Adrian	1
17:50-18:35	Sh'Bam	Emily	2
17:50-18:35	Body Pump	Gavin	1
18:45-19:45	Body Combat	Kelly	2
19:00-19:30	Grit Strength	Lee	1
19:45-20:45	Body Balance	Kelly	2

Thursday			
Time	Class	Studio	Who
06:00-06:30	GRIT Plyo	Ria	1
06:35-07:35	Virtual Body Combat	N/A	1
07:40-08:40	Virtual Body Balance	N/A	1
08:45-09:15	Virtual Body Pump	N/A	1
09:30-10:30	Body Step	Aimee	1
09:30-10:15	Body Conditioning	Adrian	2
10:40-11:40	Body Vibe	Linda	2
10:40-11:25	Aqua Aerobics	Lois/Sarah	Pool
10:40-11:40	Virtual Body Balance	N/A	1
12:05-12:50	Sh'Bam	Jenni	2
12:15-13:00	Body Pump	Lesley	1
13:00-14:00	Pilates	Jenni	2
13:15-13:45	Virtual CX Worx	N/A	1
14:00-15:00	Virtual Body Combat	N/A	1
15:05-16:05	Virtual Body Pump	N/A	1
16:10-16:55	Virtual CX Worx	N/A	1
17:00-17:30	Grit Strength	Ria	1
17:45-18:30	Circuits	Adrian	2
18:00-19:00	Body Step	Darren	1
18:30-19:00	Metafit	Adrian	2
19:15-20:00	Body Attack	Darren	1
20:10-20:50	Virtual CX Worx	N/A	1

Tuesday			
Time	Class	Studio	Who
06:00-06:30	GRIT Strength	Ria	1
06:35-07:20	Body Pump	Gillian	1
07:30-08:30	Virtual Body Combat	N/A	1
08:45-09:15	Virtual Sh'Bam	N/A	1
09:30-10:30	Body Combat	Kelly	2
09:30-10:30	Body Pump	Aimee	1
10:40-11:40	Body Balance	Lesley	2
10:40-11:10	Tabata	Aimee	1
11:50-12:35	Aqua Aerobics	Lois/Sarah	Pool
12:00-12:45	Body Vibe	Linda	2
12:15-12:45	Grit Strength	Ria	1
13:00-13:30	Virtual Body Combat	N/A	1
13:00-14:00	Pilates	Jenni	2
14:00-15:00	Virtual Body Pump	N/A	1
15:10-15:55	Virtual Sh'Bam	N/A	1
16:00-16:30	Virtual Body Balance	N/A	1
17:00-17:30	Tabata	Darren	1
17:30-18:15	Body Step	Linda	1
17:35-18:05	GRIT Cardio	Darren	2
18:15-19:00	Body Attack	Gillian	2
18:20-19:05	Body Pump	Linda	1
19:05-19:30	Metafit	Lee	2
20:00-20:45	Body Jam	Kelly	1

Friday			
Time	Class	Studio	Who
05:45-06:30	Bootcamp	Tom	1
06:35-07:05	Grit Cardio	Tom	2
06:35-07:05	Virtual CX Worx	N/A	1
07:15-08:15	Virtual Body Pump	N/A	1
08:20-08:50	Virtual Body Balance	N/A	1
09:30-10:30	Body Pump	Aimee	1
09:30-10:30	Body Attack	Jenni	2
10:40-11:40	Body Balance	Jenni	2
10:40-11:25	Legs, Bums and Tums	Aimee	1
12:00-12:30	Tabata	Aimee	1
12:35-13:05	Abs Blast	Aimee	1
13:05-14:05	Body Step	Linda	1
14:15-15:15	Virtual Body Pump	N/A	1
15:30-16:30	Virtual Body Combat	N/A	1
16:35-17:05	Virtual CX Worx	N/A	1
17:05-17:35	Virtual Body Pump	N/A	1
17:45-18:30	Virtual Sh'Bam	N/A	1
18:40-19:40	Virtual Body Pump	N/A	1
19:45-20:45	Virtual Body Combat	N/A	1

Wednesday			
Time	Class	Studio	Who
06:00-06:30	Tabata	Ria	1
06:35-07:20	Body Attack	Gillian	2
06:35-07:35	Virtual Body Pump	N/A	1
07:40-08:10	Virtual Body Combat	N/A	1
08:15-08:45	Virtual CX Worx	N/A	1
09:30-10:30	Body Step	Aimee	1
09:30-10:30	Yoga	Louise	2
10:40-11:10	Abs blast	Aimee	2
10:40-11:40	GRIT Strength	Tom	1
12:15-13:00	Body Attack	Ria	2
12:15-13:00	Body Pump	Aimee	1
13:05-13:35	Grit Plyo	Lee	1
13:45-14:15	Virtual Body Combat	N/A	1
14:30-15:30	Virtual Body Balance	N/A	1
15:40-16:10	Virtual CX Worx	N/A	1
16:15-16:45	Virtual Body Pump	N/A	1
17:00-17:30	Tabata	Lee	1
17:30-18:30	Body Attack	Jenni	2
17:40-18:40	Body Pump	Eve	1
18:35-19:35	Body Balance	Jenni	2
18:50-19:35	Sh'Bam	Emily	1
19:35-20:35	Yoga	Louise	2
19:40-20:25	Body Combat	Emily	1

Saturday			
Time	Class	Studio	Who
07:30-08:15	Virtual Sh'Bam	N/A	1
08:30-09:15	Body Pump	Darren	1
09:00-10:00	Body Attack	Gillian/Gavin	2
09:20-10:05	Body Step	Darren	1
10:10-11:10	Body Jam	Kelly	1
10:45-11:30	Body Vibe	ngrid/Linda	2
11:15-12:15	Yoga	Adrian	1
11:30-12:15	Kids Fitness Age 4-7	Claire	2
12:15-13:00	Kids Fitness Age 8-12	Claire	2
13:00-13:45	Kids Fitness Age 13-16	Claire	2
14:00-15:00	Virtual Body Pump	N/A	1
15:15-16:15	Virtual Body Combat	N/A	1
16:30-17:00	Virtual Body Balance	N/A	1
17:15-17:45	Virtual CX Worx	N/A	1
18:00-19:00	Virtual Body Pump	N/A	1
19:15-20:00	Virtual Sh'Bam	N/A	1

Sunday			
Time	Class	Ins.	Studio
09:00-10:00	Body Combat	Pam	1
10:05-11:05	Body Pump	Pam	1
10:15-11:00	Body Attack	Ria	2
11:15-11:45	CX Worx	Pam	1
11:05-11:35	GRIT Cardio	Lee	2
11:35-12:20	Kids Fitness Age 4-7	Lois	2
11:50-12:20	Grit Strength	Lee	1
12:20-13:05	Kids Fitness Age 8-12	Lois	2
13:05-13:50	Kids Fitness Age 13-16	Lois	2
14:45-15:30	Virtual Sh'Bam	N/A	1
15:00-16:00	Yoga	Adrian	2
15:45-16:45	Virtual Body Pump	N/A	1
17:00-17:30	Virtual CX Worx	N/A	1
17:45-18:45	Virtual Body Combat	N/A	1
19:00-20:00	Virtual Body Balance	N/A	1