

Group Fitness & Cycling Timetable - Wirral

Monday			
Time	Class	Studio	Who
07.00-07.30	Metafit	1	Gym Staff
09.30-10.30	Yoga/Stretch	1	Sharon
09.30-10.30	Pilates	2	Izzy
09.30-10.15	Spin	Spin	Julieann
10.30-11.00	Chair Aerobics	2	Izzy
10.30-11.30	BodyPump	1	Julieann
10.45-11.15	Easy Spin	2	Sharon
11.00-11.30	Low Zumba	2	Izzy
11.00-11.45	Aqua	Pool	Faye
11.30-12.30	Zumba	1	Zara
12.30-13.30	Stretch	1	Belinda
17.00-17.30	GritCardio	1	Faye
17.30-18.30	BodyPump	1	Julieann
17.30-18.15	Spin	Spin	Faye
17.45-18.45	Pilates	2	Rose
18.30-19.30	BodyAttack	1	Julieann
18.45-19.15	Apex Ignite	2	Gym Staff
19.15-20.15	Boxercise	1	Jamie
19.15-20.15	Spin	Spin	Julieann

Thursday			
Time	Class	Studio	Who
08.30-09.30	Tai Chi	1	Graeme
09.30-10.00	Legs,Bums & Tums	2	Faye
09.30-11.00	Yoga	1	Belinda
10.00-10.45	Aqua	Pool	Faye
10.00-10.45	Spin	Spin	Kirsty
10.00-11.00	Pilates	2	Izzy
11.00-12.00	Zumba	1	Anthony
12.00-13.00	BodyPump	1	Zara
11.00-11.45	Symmetry	1	Julie
17.00-17.30	Metafit	1	Gym Staff
17.30-18.30	BodyPump	1	Julieann
17.30-18.00	Apex Fusion	Gym	Gym Staff
17.30-18.15	Spin	Spin	Rob
18.00-19.00	BootCamp	2	Jon
18.30-19.30	BodyCombat	1	Alison
18.45.	Running Club	Recept.	Dave
19.30-20.45	Yoga	1	Belinda

Tuesday			
Time	Class	Studio	Who
08.00-09.00	Tai Chi	1	XingBo
09.00-09.30	Metafit	2	Faye
09.30-10.30	Yoga	1	Sharon
09.30-10.30	Spin	Spin	Faye
09.30-10.30	Tai Chi	2	Graeme
10.30-11.30	Body Conditioning	1	Faye
11.30-12.30	Low Dance/Zumba	1	Zara
17.00-17.30	Metafit	1	Gym Staff
17.30-18.00	Apex Fusion	Gym	Gym Staff
17.30-18.30	Zumba	1	Anthony
17.30-18.15	Abs Blast	2	Kirsty
17.30-18.15	Spin	Spin	Julieann
18.15-19.15	Step/Abs	2	Vicki
18.30-19.30	BodyCombat	1	Kirsty
18.45.	Running Club	Recep.	Dave
19.30-20.30	Fitness Yoga	1	Sharon

Friday			
Time	Class	Studio	Who
07.00-07.30	Metafit	1	Gym Staff
09.00-09.30	Metafit	1	Gym Staff
09.30-10.30	Pilates	2	Izzy
09.30-10.30	BodyPump	1	Julieann
09.30-10.30	Spin	Spin	Sharon
10.00-10.45	Aqua Zumba	Pool	Anthony
10.30-11.00	Low Aerobics	2	Julieann
10.30-11.30	Pilates	1	Izzy
11.00.-11.30	Apex Core	Gym	Gym Staff
11.00-11.30	Legs,Bums & Tums	2	Julieann
11.30-12.30	Body Tone	2	Sharon
11.30-12.30	Zumba	1	Anthony
17.00-17.30	Metafit	1	Gym Staff
17.30-18.30	Boxercise	1	Jon
17.30-18.15	Spin	Spin	Danielle
17.30-18.00	Apex Ignite	2	Gym Staff

Wednesday			
Time	Class	Studio	Who
07.00-07.30	Metafit	1	Gym Staff
09.00-09.30	Apex Core	Gym	Gym Staff
09.15-10.15	Pilates	2	Izzy
09.15-10.15	BodyAttack	1	Julieann
09.30-10.15	Spin	Spin	Kirsty
10.15-11.15	Pilates	1	Izzy
10.30-11.00	Abs Blast	2	Faye
11.00-11.45	Aqua Zumba	Pool	Anthony
11.15-12.15	Body Conditioning	1	Faye
11.15-12.15	Chair & Tone	2	Izzy
13.15-14.15	Pilates	1	Julieann
14.30-16.00	Yoga	1	Clare
17.00-17.30	Grit Strength	1	Faye
17.30-18.00	Apex Agility	2	Gym Staff
17.30-18.30	Zumba	1	Anthony
17.30-17.45	Spin	Spin	Julieann
18.00-19.00	Boxercise	2	Jamie
18.30-19.30	BodyPump	1	Katy

Saturday			
Time	Class	Studio	Who
09.00-09.45	Spin	Spin	Clare
09.00-10.00	Pilates	2	Julieann
09.15-09.45	Metafit	1	Gym Staff
10.00-10.45	Spin	Spin	Julieann
10.00-11.00	Pilates	1	Rose
10.00-10.30	Apex Agility	Gym	Gym Staff
11.00-12.00	BodyPump	1	Julieann

Sunday			
Time	Class	Studio	Who
09.30-10.30	BodyCombat	1	Chris
10.30-11.00	Apex Agility	Gym	Gym Staff
10.30.-11.15	Spin	Spin	Clare
11.15-12.15	Step & Tone	1	Vicki
18.30-20.00	Yoga	1	Wendy