

Group Fitness & Cycling Timetable - Hull

Monday			
Time	Class	Ave MEPS	Studio
06:45-07:30	Symmetry	50	Wellness
06:45-07:30	Bootcamp	180	Main
09:00-09:30	Abs Workout	50	Wellness
09:30-10:30	BodyPUMP	150	Main
09:30-10:30	Pilates	50	Wellness
10:35-11:35	BodyPUMP	150	Main
10:35-11:35	BodyVIVE	130	Wellness
17:00-17:30	Abs Workout	50	Wellness
17:30-18:30	BodyPUMP	150	Main
17:30-18:30	BodyCOMBAT	180	Wellness
18.35-19:35	BodyATTACK	180	Main
18.35-19:35	BodyBALANCE	70	Wellness
19:35-20:20	BodyVIVE	125	Wellness
19.35-20:35	RPM	150	Main

Tuesday			
Time	Class	Ave MEPS	Studio
06:45-07:30	RPM	150	Main
06:45-07:45	BodyCOMBAT	180	Wellness
09:30-10:30	RPM	150	Main
09:30-10:30	Zumba	125	Wellness
09:30-10:15	Aqua	N/A	Pool
10:35-11:35	BodyATTACK	180	Main
10:35-11:35	BodyBALANCE	70	Wellness
11:45-12:45	Yoga	50	Wellness
17:30-18:15	Box Circuit	160	Wellness
17:30-18:15	SH'BAM	130	Main
18:30-19:30	LBT	130	Wellness
18:30-19:00	GRITseries	180	Main
19:00-19:30	Abs Blast	50	Main
19:35-20:20	Torque	150	Main

Wednesday			
Time	Class	Ave MEPS	Studio
06:45-07:15	SPRINT	120	Main
06:45-07:30	Box Circuit	160	Wellness
08.30-9.30	BodyPUMP	150	Main
09.35-10:35	BodyPUMP	150	Main
09.30-10:15	SH'BAM	130	Wellness
10:30-11:30	Pilates	50	Wellness
10:40-11:40	BodyCOMBAT	180	Main
11:30-12:30	BodyBALANCE	50	Wellness
17:00-17:30	CX WORX	100	Main
17:00-17:30	Metafit	180	Wellness
17.30-18:30	BodyCOMBAT	180	Main
17:30-18:30	BodyBALANCE	70	Wellness
18.35-19:35	BodyPUMP	150	Main
18:35-19:35	BodyATTACK	180	Wellness
19:00-19:45	Aqua	N/A	Pool

Thursday			
Time	Class	Ave MEPS	Studio
06:45 - 07:15	Metafit	180	Main
09.30-10:30	Zumba	110	Wellness
09.30-10:30	BodyVIVE	125	Main
10.35 - 11.35	Spin	150	Main
10.35-11:35	BodyBALANCE	70	Wellness
17:00-17:30	GRITseries	180	Main
17.30-18:30	Step	170	Wellness
17.40-18:10	SPRINT	150	Main
18.15-19:15	BodyCOMBAT	180	Main
18.35-19:20	SH'BAM	130	Wellness
18.45-19:30	Bootcamp	180	Outside
19.20-20:20	BodyBALANCE	70	Main

Friday			
Time	Class	Ave MEPS	Studio
06:45-07:45	BodyPUMP	150	Main
09:00-09:30	GRITseries	180	Main
09:30-10:30	LBT	130	Wellness
09.30-10.15	Aqua	N/A	Pool
09:30-10:15	Torque	150	Main
10:30-11:30	Stretch & Relaxation	70	Wellness
17.30-18:30	BodyPUMP	150	Main
17.30-18:30	BodyATTACK	180	Wellness
18:35-19:35	SPIN	150	Main

Saturday			
Time	Class	Ave MEPS	Studio
09:00-10:00	BodyATTACK	180	Main
09:00-09:30	GRITseries	180	Wellness
09:30-10:15	SH'BAM	130	Wellness
10:00-11:00	BodyPUMP	150	Main
10:30-11:30	BodyBALANCE	70	Wellness
11:00-12:00	RPM	150	Main

Sunday			
Time	Class	Ave MEPS	Studio
09:00-10:00	BodyPUMP	150	Main
10:00-11:00	SPIN	150	Main
10:00-11:00	BodyBALANCE	70	Wellness

**Village Gym class booking line opens at**

**6:30am-10:00pm Monday-Friday**

**8:00am-9:00pm Saturday & Sunday**

Or alternatively you can book your classes 7 days in advance using the online system.

Please ensure you are booked onto the class you wish to attend as occupancy is limited.

Please inform reception if you are unable to attend the class.

Please see staff if you have any questions.

Before you attend your class please

read through the Studio Rules and Etiquette.

Please ensure that you arrive on time for your class as your place maybe given to someone on the waiting list if you are late, declining you entry form the class.

Please do not enter a class once it has commenced.

Please inform the instructor of any medical conditions.

**Timetable effective from:**

**Oct-17**

**Timetable may be subject to change**

**TO BOOK A CLASS PLEASE CALL**

**01482 560911**

**OR LOG ON TO WWW.VILLAGGYM.CO.UK**