

Group Fitness Timetable - Newcastle

Monday

Time	Class	Studio	Who
06.15	BODYPUMP	2	Virtual
08.00	EXPRESS SH'BAM	2	Virtual
09.05	Yoga	1	Liz
09.30	BODYPUMP	2	Debbie
09.30	Aqua	Pool	Chris
10.30	BODYCOMBAT	2	Debbie
10.30	Line Dancing	1	Glynis
11.30	Zumba Gold	2	Julie
12.30	Pilates on Ball	1	Andrea
12.45	Tai Chi	2	Rob
14.00	BODYCOMBAT	2	Virtual
16.00	SH'BAM	2	Virtual
17.30	BODYCOMBAT	2	Debbie
17.30	Circuits	1	Josh
18.30	Aqua	Pool	Chris
18.30	BODYPUMP	2	Rob
18.30	BODYBALANCE	1	Gail
19.30	Zumba	1	Julie
19.45	EXPRESSBODYCOMBAT	2	Virtual

Tuesday

Time	Class	Studio	Who
06.30	Metafit	2	Amanda
08.30	EXPRESSBODYBALANCE	2	Virtual
08:30	Yoga	1	Julie B
09.30	BODYATTACK	2	Debbie
09.30	Aqua	Pool	Amanda
10.30	BODYBALANCE	1	Debbie
10.30	Nice & Easy	2	Chris T
11.30	Zumba	1	Julie
13.30	Pilates	1	Andrea
14.00	BODYPUMP	2	Virtual
16.00	BODYCOMBAT	2	Virtual
17.30	BODYBALANCE	1	Chris
17.30	Metafit	2	Anthony
18.00	BODYATTACK	2	Debbie
19.00	Boxercise	2	Anthony
19.00	Pilates	1	Sharon
20.15	CX WORX	2	Virtual

Wednesday

Time	Class	Studio	Who
06.30	Express Pump	2	Julie
08.00	EXPRESSBODYCOMBAT	2	Virtual
08.30	Stretch	1	Julie
09.30	Nice & Easy	1	Sharon
10.00	Zumba Gold	2	Lisa S
10.30	BODYPUMP	1	Scott
11.00	Line Dancing	2	Glynis
11.45	Aqua	Pool	Julie
12.00	Yoga	1	Liz
14.00	SH'BAM	2	Virtual
16.00	BODYBALANCE	1	Virtual
17.30	GRIT STRENGTH	2	Kelda
17.45	BODYCOMBAT	2	Caroline
18.00	BODYBALANCE	1	Gail
18.30	Aqua	Pool	Amanda
18.45	Step	2	Scott
19.35	BODYPUMP	1	Scott
19.45	SH'BAM	2	Virtual

Thursday

Time	Class	Studio	Who
06.30	Metafit	2	Julie
08.30	CX WORX	2	Virtual
08.30	Yoga	1	Julie B
09.30	Aqua LBT	Pool	Paul
09.30	Nice & Easy	2	Sharon
09.30	Power Hoop	1	Julie
10:30	BODYBALANCE	2	Sharon
11.30	Zumba Gold	1	Catherine
14.00	BODYCOMBAT	2	Virtual
16.00	BODYPUMP	2	Virtual
17.30	Circuits	2	Anthony
18.15	Yoga	1	Liz
18.45	Metafit	2	Amanda
19.30	BODYATTACK	2	Debbie

Friday

Time	Class	Studio	Who
06.30	GRIT STRENGTH	2	Kelda
08.00	EXPRESSBODYPUMP	2	Virtual
09.30	BODYCOMBAT	2	Joanne
09.30	Line Dancing	1	Glynis
10.30	BODYPUMP	2	Prue
10.30	Pilates on Ball	1	Andrea
11.45	Zumba Gold	1	Sandra
12.15	Aqua	Pool	Julie G
12.45	Beg Pilates	2	Andrea
14.00	BODYBALANCE	2	Virtual
16.00	SH'BAM	2	Virtual
17.30	BODYCOMBAT	2	Gail
18.00	Symmetry	1	Amanda
19.45	BODYPUMP	2	Virtual

Saturday

Time	Class	Studio	Who
08.30	Yoga	2	Sandra
09.45	Circuits	1	Danny P
10.15	Zumba	2	Leanne
11.30	BODYPUMP	2	Kelda
11.30	Pilates	1	Andrea
12.30	Beg Pilates	1	Andrea
12.45	EXPRESSBODYBALANCE	2	Virtual
14.00	SH'BAM	2	Virtual
16.00	EXPRESSBODYCOMBAT	2	Virtual
16.35	EXPRESS SH'BAM	2	Virtual
17.10	EXPRESSBODYBALANCE	2	Virtual

Sunday

Time	Class	Studio	Who
08.15	CX WORX	2	Virtual
08:45	SH'BAM	2	Caroline
09.00	Blast	2	Gail
09.45	Express Pump	1	Julie
10.00	SH'BAM	2	Virtual
11.15	Stretch	1	Julie
11.45	Pilates	2	Kevin
12.00	Aqua	Pool	Chris
14.00	BODYCOMBAT	2	Virtual
16.00	SH'BAM	2	Virtual
17.00	BODYATTACK	2	Debbie
18.00	BODYPUMP	1	Sharon
19.00	BODYBALANCE	1	Sharon