

Group Fitness & Cycling Timetable - Dudley

Monday			
Time	Class	Studio	Who
0645	Spin	Cycling	Adam
0730	Metafit	Aerobics	Adam
0930	Body Attack	Aerobics	Julie
1015	Fitball	Aerobics	Jon B
1015	APEX - Strength	Gym floor	George
1030	Nice & Easy	Wellness	Julie
1030	Aqua	Pool	Sue
1045	Metafit	Aerobics	Adam
1115	Aqua	Pool	Sue
1115	Spin	Cycling	Jon F
1130	Stretch & Tone	Wellness	Julie
1600	Virtual Body Pump	Aerobics	Virtual
1600	APEX - Core	Gym floor	Ross
1745	Circuits	Aerobics	Theo
1800	Body Combat	Wellness	Julie
1800	Spin	Cycling	Adam
1830	Spin	Cycling	Kate
1900	Pilates	Wellness	Julie
1900	Metafit	Aerobics	Adam

Tuesday			
Time	Class	Studio	Who
0630	Virtual RPM	Cycling	Virtual
0730	Virtual Body Pump	Aerobics	Virtual
0915	Spin	Cycling	Kirsty
0930	Body Conditioning	Aerobics	Sue
0945	Pilates	Wellness	Julie
0945	APEX - Active	Gym floor	Jon B
1015	Body Pump	Aerobics	Sue
1045	UGI Ball	Wellness	Kirsty
1115	Yoga	Wellness	Lorraine
1115	Aqua	Pool	Sue
1200	Aqua	Pool	Sue
1800	Kettlebells	Aerobics	Julie
1800	Aerobics	Wellness	Sue
1800	APEX - Agility	Gym floor	Adam
1800	Spin	Cycling	Dan
1830	Shbam	Aerobics	Julie
1845	Step	Wellness	Sue
1845	Spin	Cycling	Stefano
1930	Body Pump	Aerobics	Sue
1930	Yoga	Wellness	Lorraine

Wednesday			
Time	Class	Studio	Who
0645	Spin	Cycling	Adam
0730	Metafit	Aerobics	Adam
0915	Circuits	Aerobics	Jayne
0915	Body Balance	Wellness	Julie
1000	Boxercise	Aerobics	Jayne
1000	Shbam	Wellness	Julie
1045	Spin	Cycling	Dan
1045	UGI Ball	Wellness	Kirsty
1115	Yoga	Wellness	Lorraine
1115	Virtual - Core	Gym floor	Ross
1630	Virtual Body Pump	Aerobics	Virtual
1700	Virtual RPM	Cycling	Virtual
1745	L,B,T	Wellness	Sue
1800	APEX - Ignite	Gym floor	George
1830	Aqua	Pool	Kirsty
1830	Circuits	Aerobics	Jon B
1830	Advanced Step	Wellness	Sue
1915	Spin	Cycling	Stefano
1915	APEX - Core	Gym floor	Jon B

Thursday			
Time	Class	Studio	Who
0630	Virtual RPM	Cycling	Virtual
0700	Virtual Body Pump	Aerobics	Virtual
0900	Spin	Cycling	Sue
0930	Fitball	Aerobics	Sue
1015	L,B,T	Aerobics	Sue
1030	Nice & Easy	Wellness	Jayne
1100	Tai Chi	Aerobics	Craig
1130	Body Balance	Wellness	Julie
1200	APEX - Release	Gym floor	Jon B
1230	Pilates	Wellness	Julie
1400	Aqua	Pool	Sue
1600	Virtual Shbam	Aerobics	Virtual
1730	APEX - Ignite	Gym floor	Adam
1745	Body Pump	Aerobics	Julie
1800	Spin	Cycling	Kate
1800	Kettlebells	Wellness	Adam
1845	Spin	Cycling	Adam
1830	Body Combat	Aerobics	Julie
1915	Metafit	Aerobics	Adam
1930	Virtual RPM	Cycling	Virtual

Friday			
Time	Class	Studio	Who
0645	Spin	Cycling	Laura
0930	Spin	Cycling	Kirsty
0900	Virtual Shbam	Aerobics	Virtual
0930	Abs	Aerobics	Sue
0945	Aerobics	Aerobics	Sue
1000	Pilates	Wellness	Julie
1030	Body Pump	Aerobics	Sue
1130	Aqua	Pool	Sue
1130	Yoga	Wellness	Lorraine
1215	Aqua	Pool	Sue
1700	APEX - Release	Gym floor	Jon B
1800	APEX - Agility	Gym floor	Jon B
1800	Virtual RPM	Cycling	Virtual
1800	Virtual Body Combat	Aerobics	Virtual
1830	Yoga	Wellness	Lorraine

Saturday			
Time	Class	Studio	Who
0800	APEX - Strength	Gym floor	Kirsty
0830	Spin	Cycling	Adam
0900	Circuits	Aerobics	Adam
0915	Shbam	Wellness	Julie
0930	Virtual RPM	Cycling	Virtual
1000	Pilates	Wellness	Julie
1000	Boxercise	Aerobics	Tim
1100	Body Combat	Aerobics	Julie
1100	Tai Chi	Wellness	Craig
1400	Virtual Body Pump	Aerobics	Virtual
1700	APEX - Fusion	Gym floor	Ross

Sunday			
Time	Class	Studio	Who
0830	Virtual Body Balance	Aerobics	Virtual
0900	APEX - Active	Gym floor	Jon B
0915	Zumba	Wellness	Kirsty
0930	Spin	Cycling	Stefano
1000	Grit	Aerobics	Kirsty
1030	Spin	Cycling	Kate
1030	UGI Ball	Aerobics	Kirsty
1100	BodyPump	Aerobics	Tim
1115	Spin	Cycling	Stefano
1315	Aqua	Pool	Kirsty
1430	Virtual RPM	Cycling	Virtual
1445	Advanced Step	Aerobics	Sue
1545	Body Pump	Aerobics	Sue
1700	Virtual CX Worx	Aerobics	Virtual
1700	APEX - Agility	Gym floor	Theo