

Group Fitness & Cycling Timetable - Liverpool

Monday			
Time	Class	Studio	MEPS
8.45 - 9.25	Bodybalance	1	70
9.30- 10.15	Step and Tone	1	120
9.30-10.15	V.Spin	2	150
10.30 -11.15	Dance Workout (Zumba)	1	110
10.30-11.15	Aqua fit	POOL	
11.30-12.30	Conditioning	1	80
5.30-6.00	Grit CARDIO - NEW	1	150
6.00- 7.00	Body Pump	1	130
6.00-6.45	V.Spin	2	150
6.45-7.30	V.Spin	2	150
7.00 - 7.45	Bodycombat	1	150

Tuesday			
Time	Class	Studio	MEPS
7.00-7.30	Grit PLYO	1	150
7.30-8.00	CX Worx	1	50
9.00- 9.55	Conditioning	1	80
10.00 -10.45	Nice & Easy	1	80
10.00-10.45	V.Spin	2	150
11.00-11.45	Aqua fit	POOL	
11.00-11.55	Gentle Yoga	1	50
12.00-1.00	Tai Chi Ball	1	60
5:10 - 5:55	V. Spin	2	150
5.30 -5.55	Grit STRENGTH	1	180
6.00-6.45	Bodyvive 3.1 - NEW	1	180
6.15-7.00	V.Spin	2	150
6.45 - 7.15	Abs blast	1	50
7.15-8.15	Zumba vs Sh'bam	1	130

Wednesday			
Time	Class	Studio	MEPS
9.00 - 9.45	HIIT interval training	1	150
9.30-10.15	RPM	2	150
11.00-11.45	Aqua	POOL	
10.00-10.45	Legs, Bums & Tums	1	90
5:30 - 6:00	Grit Series	1	150
6.15-7.05	Strength Conditioning	1	150
6.15-7.00	V.Spin	2	150
7.05-8.05	Boxercise	1	120
8.05-9.05	Yoga	1	70

CLASSES WITH THE TIMES IN RED ARE AT RISK OF REMOVAL UNLESS ATTENDANCE PICKS UP!

Thursday			
Time	Class	Studio	MEPS
8.55 9.25	V.Spin express	2	80
9.30-10.25	Bodypump	1	150
10.30-11.15	Bodyvive 3.1	1	125
10.30-11.15	Aqua	POOL	
11.30-12.25	Tai Chi ball	1	50
12.30-1.15	Dance (strictly ballroom)	1	60
5.30 - 6.00	V.Spin express	2	150
5.55 - 6.45	Bodyvive 3.1	1	150
6.15 -7.00	V.Spin	2	150
6.45- 7.15	Grit series	1	180
7.20-8.20	Circuits	1	160

Friday			
Time	Class	Studio	MEPS
8.55 9.25	V.Spin express	2	80
8.45-9.25	Bodybalance	1	70
9.30-10.15	Pilates	1	50
9.30-10.15	V.Spin	2	150
10.30-11.25	Conditioning	1	80
10.30-11.15	Aqua	POOL	
11.30 -12.15	Sh'bam	1	130
5.25 - 5.55	Grit STRENGTH	1	180
6.00-7.00	Conditioning	1	150
7.15 - 8.00	Symmetry	1	50

Saturday			
Time	Class	Studio	MEPS
9.00 9.30	GRIT CARDIO	1	50
9.30- 10.00	SPRINT	2	150
9.30-10.15	Bodycombat - NEW	1	200
10.20- 11.05	Bodypump - NEW	1	150
11.15 -12.00	Zumba	1	110
12.15-1.15	Pilates	1	60
5.30-6.30	Yoga	1	70

Sunday			
Time	Class	Studio	MEPS
9.30-10.00	Grit Series	1	150
10.00-10.45	Symmetry	1	50
10.15-11.00	V.Spin	2	150
11.00 -12.00	Bodypump	1	150
5.00-6.00	Circuit	1	160
6.00-7.00	Boxercise	1	120

Colour codes refer to movements see the back.

BOOK ONLINE FOR YOUR CLASSES

www.villagegym.co.uk

Opening times : Monday - Friday 6.30am-10.30pm

Saturday & Sunday: 7am - 8pm

Kids swim times

Monday to Thursday

9-12 then 2-5pm

Fri & Sat 9-12 then 2 -7pm

Sunday 9-12 then 2-6pm

MAXIMUM OCCUPANCY IS 6 MEMBERS.
FOR SYMMETRY