

Group Fitness & Cycling Timetable - Solihull

Monday			
Time	Class	Studio	Who
7:00am	The Trip	Cycling	Haider
8:00am	APEX	Gym	Haider
9:30am	Body Attack	Aerobics	Emily
10:15am	Zumba	Wellness	Venda
10:20am	The Trip	Cycling	Holly
11:15 AM	Pilates	Aerobics	Paula
11:30am	Aqua	Poolside	Karen
12:15pm	APEX	Gym	Haider
5:45pm	V. Spin	Cycling	Ross
6:00pm	Body Combat	Aerobics	Becky
6:00pm	GRIT Cardio	Wellness	Jags
6:45pm	Sprint	Cycling	Chris
6:50pm	Body Balance	Wellness	Lisa W.
7:00pm	Body Pump	Aerobics	Becky
8:10pm	Pilates	Aerobics	Becky

Tuesday			
Time	Class	Studio	Who
6:25am	GRIT Cardio	Aerobics	Simone
7:00am	Body Pump	Aerobics	Nina
8:00am	The Trip	Cycling	Ross
8:00am	APEX	Gym	Otis
9:30am	V. Spin	Cycling	Dave
10.15am	Body Combat	Aerobics	Holly
11:00am	Pilates	Aerobics	Izumi
12:15pm	APEX	Gym	Otis
12:30pm	Hatha Yoga	Aerobics	Lisa T.
6:00pm	RPM	Cycling	Richard
5:45pm	GRIT	Aerobics	Haider
6:15pm	Zumba	Aerobics	Ruby
6:45pm	The Trip	Cycling	Haider
7:00pm	Body Pump	Aerobics	Richard
8:00pm	Yoga	Aerobics	Elina

Wednesday			
Time	Class	Studio	Who
6:45am	Sprint	Cycling	Chris
7:30am	APEX Core	Gym	Kieran
8:30am	APEX	Gym	Kieran
9:45am	Pilates	Aerobics	Izumi
10:15am	Sprint	Cycling	Ross
10:50am	Body Pump	Aerobics	Sus
12:15pm	The Trip	Cycling	Holly
12:15pm	APEX	Gym	Kieran
1:00pm	Aqua	Poolside	Karen
5:30pm	APEX Core	Gym	Jake
5:45pm	Body Combat	Aerobics	Nina
5:45pm	Aqua	Poolside	Eloise
6:00pm	The Trip	Cycling	Holly/Owen
6:30pm	Body Pump	Aerobics	Richard
6:45 PM	V. Spin	Cycling	Owen
7:45 PM	Yogalates	Aerobics	Becky
7:45pm	The Trip	Cycling	Eloise

Thursday			
Time	Class	Studio	Who
6:25am	GRIT Strength	Aerobics	Haider
7:00am	Body Combat	Aerobics	Nina
8:00am	APEX	Gym	Haider
9:30am	Body Attack	Aerobics	Lexi
10:20am	The Trip	Cycling	Haider
11:00am	Zumba	Aerobics	Ruby
12:00pm	Body Balance	Aerobics	Agnes
12:15am	APEX	Gym	Haider
5:45pm	RPM Express	Cycling	Richard
5:45pm	Kettlebells	Gym	Kieran
6:00pm	Body Vive	Aerobics	Jake A.
6:20pm	The Trip	Cycling	Richard
7:00 PM	Body Balance	Aerobics	Lisa W.

Friday			
Time	Class	Studio	Who
6:30am	The Trip	Cycling	Haider
7:00am	HIIT	Aerobics	Louisa
8:30am	APEX	Gym	Haider
9:30am	Step and Tone	Aerobics	Sally
9:30am	Yoga	Wellness	Elina
9:45am	RPM	Cycling	Sus
10:30am	Pilates	Aerobics	Andrea
11:30am	Aqua	Pool	Louisa
12:15pm	APEX	Gym	Haider
12:30pm	Pilates	Aerobics	Laura
5:30pm	V. Spin	Cycling	Dave
6:00pm	Power Pilates	Wellness	Andrea
6:15pm	Body Pump	Aerobics	Sus
7:00pm	Kickbox Fit	Aerobics	Ross
7:00pm	HIIT	Wellness	Dave

Saturday			
Time	Class	Studio	Who
8:25am	GRIT Plyo	Aerobics	Simone
9:00am	Sprint	Cycling	Holly
9:30am	Body Combat	Aerobics	Eloise
9:35am	The Trip	Cycling	Holly
10:30am	Body Pump	Aerobics	Sus
10:30am	The Trip	Cycling	Richard
10:45am	APEX Core	Gym	Jake

Sunday			
Time	Class	Studio	Who
8:15am	The Trip	Cycling	Haider
9:00am	GRIT	Aerobics	Haider
9:45am	Sprint	Cycling	Holly
10:30am	The Trip	Cycling	Holly
11:00am	Body Balance	Aerobics	Rachael