

Group Fitness & Cycling Timetable - Glasgow

Monday			
Time	Class	Studio	Who
0640-0710	SPRINT	Spin	Kirstie
0715-0745	Virtual BODYPUMP	1	Virtual
0910-1040	Virtual CX WORX	1	Virtual
0945-1030	LBT	2	Jane
1050-1120	OMNIA Blast	Gym	Gym
1125-1225	Virtual BALANCE	1	Virtual
1200-1230	Virtual RPM	Spin	Virtual
1230-1300	GRIT-Cardio	1	Sammy
1300-1320	ABS Blast	Gym	Gym
1600-1630	Virtual RPM	Spin	Virtual
1635-1705	Virtual CX	1	Virtual
1745-1830	BODY PUMP	1	David
1745-1815	SPRINT	Cycle	Jo
1800-1845	BODYVIVE 3.1	2	Mel
1830-1915	RPM	Cycle	Kirstie
1835-1920	BODY ATTACK	1	David
1850-1935	SH'BAM	2	Mel
1935-2035	YOGA	2	Mamta

Tuesday			
Time	Class	Studio	Who
0630-0700	Virtual RPM	Cycle	Virtual
0705-0750	BODYPUMP	1	Sarah
0940-1025	LBT	2	David
1030-1115	BODYPUMP	1	Laura
1120-1150	Virtual RPM	Cycle	Virtual
1215-1245	KETTLEBELLS	1	Fitness
1250-1320	Virtual COMBAT	1	Virtual
1600-1700	Virtual BODYPUMP	1	Virtual
1630-1700	Virtual RPM	Cycle	Virtual
1740-1825	BODY COMBAT	1	Chris
1750-1820	SPRINT	Cycle	Chris
1830-1900	CX WORX	2	Chris
1830-1930	BODY STEP	1	Laura
1845-1930	SPIN	Cycle	Rob
1910-2000	BODY BALANCE	2	Lisa
1940-2040	Virtual BODYPUMP	1	Virtual

Wednesday			
Time	Class	Studio	Who
0630-0700	SPRINT	Cycle	Jo
0640-0710	APEX Agility	Gym	Gym
0710-0740	Virtual CX	1	Virtual
0940-1025	PILATES	2	Vivienne
0945-1030	BODY ATTACK	1	Fiona
1030-1130	YOGA	1	Jen
1035-1105	OMNIA Blast	Gym	Gym
1215-1300	BODYPUMP	1	David
1230-1300	Virtual RPM	Cycle	Virtual
1310-1345	Virtual SH'BAM	1	Virtual
1745-1815	GRIT Cardio	1	Sarah
1815-1900	BODY BALANCE	2	David
1815-1900	SPIN	Spin	Kevin
1820-1920	BODYPUMP	1	Sarah
1930-2030	BODY JAM	1	Dawn
2035-2105	Virtual CX	1	Virtual

Thursday			
Time	Class	Studio	Who
0630-0700	Virtual RPM	Cycle	Virtual
0640-0715	GRIT Strength	1	Kirstie
0720-0750	Virtual BODYPUMP	1	Virtual
0940-1000	Virtual CX	1	Virtual
0930-1015	PILATES	2	Vivanne
1015-1100	SPIN	Cycle	Rob
1030-1115	AQUA	Pool	Nikki
1100-1130	Virtual GRIT Cardio	1	Virtual
1230-1300	CIRCUITS	1	Fitness
1300-1320	ABS Blast	Gym	Gym
1310-1340	Virtual RPM	Cycle	Virtual
1745-1815	GRIT Strength	1	Kevin
1800-1845	SH'BAM	2	Lauren
1820-1850	CX WORX	1	Chris
1830-1915	RPM	Cycle	Suzanne
1850-1935	PILATES	2	Lauren
1855-1955	BODY COMBAT	1	Chris

Friday			
Time	Class	Studio	Who
0630-0715	SPIN	Cycle	Kevin
0720-0750	Virtual BODYPUMP	1	Virtual
0945-1030	BODY ATTACK	1	Sarah
1030-1105	CX WORX	1	Sarah
1200-1230	Virtual RPM	Cycle	Virtual
1230-1300	OMNIA Blast	Gym	Gym
1300-1330	APEX Core	Gym	Gym
1300-1330	Virtual RPM	Cycle	Virtual
1600-1630	Virtual BODYPUMP	1	Virtual
1730-1815	BODY ATTACK	1	Fiona
1820-1850	Virtual GRIT Strength	1	Virtual
1855-1925	Virtual CX	1	Virtual

Saturday			
Time	Class	Studio	Who
0900-1000	BODY COMBAT	1	Beth
0930-1000	APEX Agility	Gym	Gym
1005-1105	BODY PUMP	1	Beth
1010-1040	SPRINT	Cycle	Kevin
1045-1115	APEX Core	Gym	Gym
1105-1205	BODY BALANCE	1	Vivanne
1235-1305	Virtual CX	1	Virtual

Sunday			
Time	Class	Studio	Who
0930-1015	Virtual RPM	Cycle	Virtual
0945-1030	BODY STEP	1	Laura
1000-1100	BODY BALANCE	2	Kate
1030-1100	SPRINT	Cycle	Jo
1035-1105	CX WORX	1	Laura
1110-1210	BODY JAM	2	Kate
1220-1250	Virtual BALANCE	1	Virtual