

Group Fitness Timetable - Swansea

MONDAY

TIME	CLASS	STUDIO	MOVEMENT
06.30-07.00	BODYPUMP-Virtual	Aerobic	FITNESS
07.15-07.45	BODYBALANCE-Virtual	Aerobic	HOLISTIC
09.30-10.00	GRIT - CARDIO	Aerobic	HIIT
10.00-10.30	LBT	Aerobic	FITNESS
10.30-11.30	BODYPUMP	Aerobic	FITNESS
11.45-12.30	Nice n Easy	Aerobic	FITNESS
11.00-12.30	Yoga	Wellness	HOLISTIC
12.30-13.15	SH'BAM	Aerobic	DANCE
16.00-17.00	BODYCOMBAT-Virtual	Aerobic	COMBAT
17.15-17.45	GRIT- STRENGTH	Wellness	HIIT
17.45-18.45	BODYPUMP	Aerobic	FITNESS
18.30-19.30	Circuits	Wellness	FITNESS
18.45-19.45	BODYATTACK	Aerobic	FITNESS

THURSDAY

TIME	CLASS	STUDIO	MOVEMENT
07.00-07.30	BODYCOMBAT-Virtual	Aerobic	COMBAT
10.30-11.30	BODYBALANCE	Wellness	HOLISTIC
11.30-12.30	Fitsteps	Wellness	DANCE
11.30-12.00	GRIT- PLYO	Aerobic	HIIT
12.15-13.00	BODYPUMP	Aerobic	FITNESS
12.45-13.30	Aqua	Pool	FITNESS
16.00-17.00	BODYBALANCE-Virtual	Aerobic	HOLISTIC
17.45-18.45	BODYCOMBAT-Virtual	Aerobic	COMBAT
18.45-19.30	SH'BAM-Virtual	Aerobic	DANCE
19.30-20.00	CX WORX-Virtual	Aerobic	CORE
18.00-19.00	Pilates	Wellness	HOLISTIC

TUESDAY

TIME	CLASS	STUDIO	MOVEMENT
06.15-07.15	BODYPUMP	Aerobic	FITNESS
07.30-08.00	CX WORX-Virtual	Aerobic	CORE
09.30-10.30	Zumba	Aerobic	DANCE
10.30-11.30	Fitness Yoga	Aerobic	HOLISTIC
11.30-12.00	GRIT- STRENGTH	Wellness	HIIT
11.30-12.30	Nice n Easy	Aerobic	FITNESS
12.30-13.00	BODYPUMP Express	Aerobic	FITNESS
12.45-13.30	Aqua	Pool	FITNESS
13.30-14.15	SH'BAM-Virtual	Aerobic	DANCE
17.45-18.45	BODYCOMBAT	Aerobic	COMBAT
18.45-19.45	BODYPUMP	Aerobic	FITNESS
20.00-21.00	BODYBALANCE-Virtual	Aerobic	HOLISTIC

FRIDAY

TIME	CLASS	STUDIO	MOVEMENT
06.15-07.15	Circuits	Aerobic	FITNESS
07.30-08.00	CX WORX-Virtual	Aerobic	CORE
09.30-10.30	BODYCOMBAT	Aerobic	COMBAT
10.30-11.15	BODYPUMP	Aerobic	FITNESS
11.15-12.00	SH'BAM	Aerobic	DANCE
11.30-12.30	Pilates	Wellness	HOLISTIC
12.00-13.00	Nice n Easy	Aerobic	FITNESS
13.15-14.00	Aqua	Pool	FITNESS
14.00-14.30	BODYPUMP-Virtual	Aerobic	FITNESS
16.00-17.00	BODYCOMBAT-Virtual	Aerobic	COMBAT
17.15-17.45	GRIT - CARDIO	Aerobic	HIIT
18.00-19.00	BODYPUMP	Aerobic	FITNESS
19.30-20.30	BODYBALANCE-Virtual	Aerobic	HOLISTIC

WEDNESDAY

TIME	CLASS	STUDIO	MOVEMENT
06.30-07.00	BODYPUMP-Virtual	Aerobic	FITNESS
07.15-07.45	CX WORX-Virtual	Aerobic	CORE
09.30-10.30	LBT	Aerobic	FITNESS
10.30-11.30	BODYPUMP	Aerobic	FITNESS
11.45-12.45	BODYBALANCE	Wellness	HOLISTIC
12.45-13.30	BODYCOMBAT	Aerobic	COMBAT
14.00-14.45	SH'BAM-Virtual	Aerobic	DANCE
16.30-17.00	BODYBALANCE-Virtual	Aerobic	HOLISTIC
17.15-17.45	GRIT - PLYO	Aerobic	HIIT
17.45-18.45	BODYATTACK	Aerobic	FITNESS
18.00-19.30	Yoga	Wellness	HOLISTIC
18.45-19.45	BODYPUMP	Aerobic	FITNESS
19.45-20.30	Circuits	Aerobic	FITNESS

SATURDAY

TIME	CLASS	STUDIO	MOVEMENT
08.15-08.45	BODYBALANCE-Virtual	Aerobic	HOLISTIC
09.00-10.00	BODYPUMP	Aerobic	FITNESS
10.00-11.00	BODYCOMBAT	Aerobic	COMBAT
11.00-11.30	CX WORX-Virtual	Aerobic	CORE
16.00-16.45	SH'BAM-Virtual	Aerobic	DANCE
17.00-18.00	BODYPUMP-Virtual	Aerobic	FITNESS

SUNDAY

TIME	CLASS	STUDIO	MOVEMENT
09.45-10.45	Pilates	Wellness	HOLISTIC
11.00-12.00	BODYPUMP	Aerobic	FITNESS
12.15-12.45	CX WORX-Virtual	Aerobic	CORE
16.00-17.00	BODYCOMBAT-Virtual	Aerobic	COMBAT
17.15-18.15	BODYBALANCE-Virtual	Aerobic	HOLISTIC

AVERAGE MEP's PER CLASS

BODYPUMP	150
BODYCOMBAT	180
BODYATTACK	180
BODYBALANCE	70
RPM	150
CX WORX	50
GRIT STRENGTH	160
GRIT CARDIO	170
GRIT PLYO	180
SH'BAM	120
LBT	130
AQUA	90
NICE N EASY	90
PILATES	50
YOGA	110
CIRCUITS	160
FITSTEPS	130
ZUMBA	110



For class bookings or enquiries, please call
01792 479954

Booking is essential for every class and is available 6 days in
advance

