

Group Fitness & Cycling Timetable - Watford

Monday			
Time	Class	Studio	Who
6:45AM	VIRT BODYPUMP	MAIN	VIRTUAL
6:45AM	VSPIN	SPIN	LEANNE
7:30AM	ABS BLAST	MAIN	IN-HOUSE
8:00AM	V-BLAST KETTLERCISE	SMALL	IN-HOUSE
8:30AM	PILATES FITNESS	MAIN	CANDY
8:45AM	V-BLAST KETTLERCISE	SMALL	GAVIN
9:00AM	SPRINT	SPIN	LEANNE
9:30AM	BODYCOMBAT	MAIN	KATIE
9:30AM	PILATES	SMALL	CANDY
9:45AM	TRIP	SPIN	RUTH
10:30AM	GRIT-STRENGTH	SMALL	RUTH
10:30AM	BODY CONDITIONING	MAIN	CANDY
10:45AM	VIRTUAL RPM	SPIN	VIRTUAL
10:30AM	AQUA	POOL	GIDEON
11:15AM	AQUA	POOL	GIDEON
11:15AM	BODYBALANCE	SMALL	DANNY
11:30AM	DANCE WORKOUT	MAIN	NADESHI
12:30 PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
1:15 PM	VIRTUAL CXWORX	MAIN	VIRTUAL
4:00PM	VIRT BODYPUMP	MAIN	VIRTUAL
4:30PM	TEEN GYM	GYM	DAVID
5:15PM	TEEN GYM	GYM	DAVID
5:00PM	VIRTUAL RPM	SPIN	VIRTUAL
6:00PM	BODYCOMBAT	MAIN	KATIE
6:15PM	METAFIT	SMALL	ADAM
6:30PM	RPM	SPIN	TONY
6:45PM	GRIT-PLYO	SMALL	ADAM
7:00PM	ZUMBA	MAIN	CLAIRE
7:30PM	TRIP	SPIN	ASHLEY
7:30PM	V-BLAST KETTLERCISE	SMALL	PAULETTE
8:00PM	YOGA FITNESS	MAIN	REBECCA

Tuesday			
Time	Class	Studio	Who
5:45AM	RUNNING CLUB	OUTSIDE	PAUL/LARISSA
6:15AM	METAFIT	SMALL	ADAM
6:30AM	BODYPUMP	MAIN	ASHLEY
6:45AM	VIRTUAL	SPIN	VIRTUAL
7:45AM	VSPIN from 17/10	SPIN	JAMIE
8:30AM	BODY COMBAT	MAIN	ASHLEY
9:00AM	PILATES from 17/10	SMALL	NATASHA
9:30AM	V-SPIN	SPIN	TONY
9:30AM	BODYBALANCE	MAIN	KELLY
10:00AM	AQUA	POOL	NATALIE
10:30AM	VIRTUAL RPM	SPIN	VIRTUAL
10:30AM	ZUMBA	MAIN	GUL
10:30AM	CX WORX	SMALL	KELLY
12:00PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
12:00PM	AQUA	POOL	REBECCA
13:00PM	VIRT BODYBALANCE	MAIN	VIRTUAL
5:00PM	VIRTUAL SH'BAM	MAIN	VIRTUAL
6:30PM	RPM	SPIN	ASHLEY
6:30PM	BODYPUMP	MAIN	LEANNE
7:00PM	BODYBALANCE	SMALL	MOIRA
7:30PM	BODYCOMBAT	MAIN	LILIANA
7:30PM	VSPIN	SPIN	LEANNE
7:45PM	PILATES	SMALL	MOIRA
8:15PM	BODYPUMP	MAIN	LILIANA

Wednesday			
Time	Class	Studio	Who
6:30AM	CIRCUITS	MAIN	ADAM
6:30AM	TORQUE from25/10	SPIN	PAULETTE
7:30AM	ABS BLAST	MAIN	ADAM
8:30AM	PILATES	MAIN	FAYE
8:45AM	EXPRESS VIRT RPM	SPIN	VIRTUAL
8:45AM	V-BLAST KETTLERCISE	SMALL	LILIANA
9:30AM	SPRINT	SPIN	LEANNE
9:30AM	BODYPUMP	SMALL	LILIANA
9:30AM	PILATES	MAIN	FAYE
10:00AM	AQUA	POOL	NATALIE
10:15AM	TRIP	SPIN	RUTH
10:30AM	BODYCOMBAT	MAIN	LEANNE
10:45AM	SYMMETRY from25/10	SMALL	PAULETTE
11:00AM	AQUA	POOL	SIMONE
11:30AM	BODYJAM	MAIN	KATIE
12:30PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
2:00PM	VIRT BODYBALANCE	MAIN	VIRTUAL
3:00PM	VIRTUAL SH'BAM	MAIN	VIRTUAL
4:00PM	VIRT BODYCOMBAT	MAIN	VIRTUAL
4:30PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
4:45PM	TEEN GYM	GYM	DAVID
5:30PM	TEEN GYM	GYM	DAVID
6:15PM	VSPIN	SPIN	KELLY
6:30PM	BODYPUMP	MAIN	KAY
7:30PM	DANCE WORKOUT	MAIN	NADESHI
7:30PM	VSPIN	SPIN	KEVIN
8:00PM	YOGA	SMALL	SUZANNE

Thursday			
Time	Class	Studio	Who
5:45AM	RUNNING CLUB	OUTSIDE	PAUL/LARISSA
6:30AM	SPRINT	SPIN	HARRY
6:30AM	BODYCOMBAT	MAIN	LEANNE
7:30AM	TRIP	SPIN	ADAM
8:30AM	BODYPUMP	MAIN	ASHLEY
8:45AM	EXPRESS VIRT RPM	SPIN	VIRTUAL
8:45AM	PILATES	SMALL	MOIRA
9:30AM	BODYBALANCE	SMALL	MOIRA
9:30AM	RPM	SPIN	TONY
9:45AM	STEEL TONING	MAIN	LILIANA
10:00AM	AQUA	POOL	SIMONE
10:30AM	LEGS,BUMS AND TUMS	MAIN	JO
10:30AM	PILATES	SMALL	MOIRA
11:30AM	ZUMBA	MAIN	GUL
12:00PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
2:00PM	VIRTUAL BODYCOMBAT	MAIN	VIRTUAL
2:30 PM	VIRTUAL CXWORX	MAIN	VIRTUAL
4:30PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
5:00pm	TEEN GYM	GYM	LINDA
6:15PM	BODYPUMP	MAIN	KAY
6:45PM	SPRINT	SPIN	KATIE
7:15PM	LEGS,BUMS AND TUMS	MAIN	ALEX
7:30PM	VSPIN from 19/10	SPIN	JAMIE
7:30PM	CX WORX	SMALL	KATIE
8:20PM	PILATES	MAIN	NATASHA

Friday			
Time	Class	Studio	Who
6:15AM	GRIT STRENGTH	MAIN	ADAM
6:45AM	VSPIN	SPIN	JAMIE
7:30AM	VIRTUAL SH'BAM	MAIN	VIRTUAL
8:00AM	VIRTUAL CXWORX	MAIN	VIRTUAL
8:00AM	V-BLAST KETTLERCISE	SMALL	IN-HOUSE
8:45AM	V-BLAST KETTLERCISE	SMALL	IN-HOUSE
8:45AM	PILATES	MAIN	MOIRA
9:00AM	SPRINT	SPIN	LEANNE
9:30AM	PILATES	SMALL	MOIRA
9:30AM	BODYPUMP	MAIN	KATIE
9:45AM	TRIP	SPIN	LEANNE
10:15AM	PILATES	SMALL	MOIRA
10:30AM	BODYCOMBAT	MAIN	KATIE
11:00AM	AQUA	POOL	REBECCA
11:30AM	ZUMBA	MAIN	RUDDY
11:45AM	AQUA	POOL	REBECCA
1:00PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
1:00PM	VIRT BODYCOMBAT	MAIN	VIRTUAL
2:00PM	VIRT BODYBALANCE	MAIN	VIRTUAL
5:30PM	METAFIT	MAIN	IN-HOUSE
6:00PM	VIRTUAL RPM	SPIN	VIRTUAL

Saturday			
Time	Class	Studio	Who
7:45AM	VSPIN	SPIN	TONY
8:00AM	PILATES	MAIN	MOIRA/FAYE
9:00AM	TRIP	SPIN	RUTH
9:00AM	BODY CONDITIONING	MAIN	GIDEON
10:00AM	RPM	SPIN	TONY
10:00AM	BODYCOMBAT	MAIN	MARIJA
10:00AM	BOXERCISE	SMALL	RUTH
11:00AM	BODYPUMP	MAIN	RUTH
1:00PM	VIRTUAL SH'BAM	MAIN	VIRTUAL
1:30 PM	VIRTUAL CXWORX	MAIN	VIRTUAL
3:00PM	VIRTUAL RPM	SPIN	VIRTUAL
5:00PM	EXPRESS VIRT RPM	SPIN	VIRTUAL
6:00PM	VIRT BODYPUMP	MAIN	VIRTUAL

Sunday			
Time	Class	Studio	Who
8:15AM	TRIP	SPIN	LEANNE
9:00AM	BODYPUMP	MAIN	KATIE
9:15AM	VSPIN	SPIN	LEANNE
10:15AM	BODYCOMBAT	MAIN	LEANNE
10:30AM	BOXERCISE	SMALL	RUTH/ALEX
11:30AM	METAFIT	MAIN	LEANNE
12:00PM	YOGA	MAIN	SUZANNE
12:00PM	VIRTUAL RPM	SPIN	VIRTUAL
1:15 PM	VIRTUAL SH'BAM	MAIN	VIRTUAL
2:00PM	VIRT BODYBALANCE	MAIN	VIRTUAL
3:00PM	EXPRESS VIRT RPM	STUDIO	VIRTUAL
4:30PM	VIRT BODYCOMBAT	MAIN	VIRTUAL
5:00PM	VIRTUAL RPM	STUDIO	VIRTUAL
6:00PM	VIRTUAL CXWORX	MAIN	VIRTUAL