

May Group Fitness Timetable - Warrington

Monday			
Time	Class	Studio	Who
6:15-7:00am	Bootcamp	Studio 1	Lee
8:45-9:15am	BURN	Gym Floor	Leisure Team
9:30-10:00am	Sprint	Studio 2	Alison
10:00-11:00am	Body Pump	Studio 1	June
10:00-10:50am	RPM	Studio 2	Alison
10:15-11:00am	Aqua Fit	Pool	Carol
11:00-11:30am	CX WORX	Studio 1	June
11:00-11:45am	Nice and Easy Dance	Studio 3	Debbie
11:00-11:45am	Aqua Fit	Pool	Carol
12:15-1:00pm	Sh'Bam	Studio 1	Carla
12:30-1:30pm	Pilates	Studio 3	Penny
6:00-6:45pm	Fitness Yoga	Studio 3	Bernie
6:00-7:00pm	Body Pump	Studio 1	Alison
7:00-8:00pm	Body Combat	Studio 1	Milla
7:00-7:45pm	Spin	Studio 2	Berine
7:30-8:30pm	Boxing Yoga	Studio 3	Julia

Tuesday			
Time	Class	Studio	Who
6:15-6:45am	Metafit	Studio 1	James
6:45-7:30am	Spin	Studio 2	James
9:00-9:30am	BURN	Gym Floor	Leisure Team
9:30-10:00am	Abs	Studio 1	Alison
10:00-10:45am	Spin	Studio 2	James
10:00-10:45am	Express Body Pump	Studio 1	Alison
10:00-11:30am	Hatha Yoga	Studio 3	Craig
10:45-11:45am	Legs, Bums and Tums	Studio 1	Debbie
12:15-12:45pm	BURN	Gym Floor	Leisure Team
1:00-2:00pm	Pilates	Studio 3	Penny
6:00-6:45pm	Legs, Bums and Tums	Studio 1	Bernie
6:00-6:45pm	Spin	Studio 2	Mark
7:00-7:30pm	BURN	Gym Floor	Leisure Team
7:00-8:00pm	Barre	Studio 1	Milla
7:00-7:45pm	Spin	Studio 2	Mark
7:00-8:30pm	Vinyasa Yoga	Studio 3	Phil
7:40-8:10pm	Body Balance	Studio 1	Milla

Wednesday			
Time	Class	Studio	Who
6:15-7:00am	Bootcamp	Studio 1	Lee
8:45-9:15am	BURN	Gym Floor	Leisure Team
9:30-10:00am	HIIT - Functional	Studio	Helen
10:00-11:00am	Body Step	Studio 1	Judy
10:15-11:00am	Fitness Yoga	Studio 3	Bernie
10:30-11:15am	Aqua Fit	Pool	Kay
11:00-11:45am	Body Vive	Studio 1	Judy
11:15-12:00pm	Aqua Fit	Pool	Kay
12:00-12:45pm	Zumba Gold	Studio 1	Donna
6:00-7:00pm	Body Pump	Studio 1	June
6:15-7:00pm	Spin	Studio 2	James
7:00-7:30pm	CXWORX	Studio 1	June
7:15-7:45pm	BURN	Gym Floor	Leisure Team
7:30-9:00pm	Vinyasa Yoga	Studio 3	Jackie

Thursday			
Time	Class	Studio	Who
6:15-6:45am	BURN	Gym Floor	Leisure Team
6:45-7:30am	Spin	Studio 2	James
9:30-10:15am	Legs, Bums and Tums	Studio 1	Julia
9:30-10:15am	Spin	Studio 2	James
10:00-11:30am	Hatha Yoga	Studio 3	Julia
10:15-11:00am	Circuits	Studio 1	Helen
10:30-11:00am	Baby Splash Time	Pool	Kay
11:00-11:45am	Aqua Fit	Pool	Kay
11:00-12:00pm	Zumba	Studio 1	Donna
12:15-12:45pm	BURN	Gym Floor	Leisure Team
6:15-6:45pm	Sprint	Studio 2	Alison
6:00-7:00pm	Body Combat	Studio 1	June
7:00-8:00pm	Hatha Yoga	Studio 3	Julia
7:00-8:00pm	Body Pump	Studio 1	Alison
8:00-9:00pm	Zumba	Studio 1	Leila

Friday			
Time	Class	Studio	Who
6:30-7:00am	Metafit	Studio 1	Alison
9:00-9:30am	BURN	Gym Floor	Leisure Team
9:15-9:45am	CX WORX	Studio 1	June
9:45-10:45am	Body Combat	Studio 1	June
9:45-10:50am	RPM	Studio 2	Carla
10:30-12:00pm	Hatha Yoga	Studio 3	Craig
10:45-11:30am	Express Body Pump	Studio 1	June
11:00-11:30am	BURN	Gym Floor	Leisure Team
11:00-11:45am	Aqua Fit	Pool	Judy
12:15-12:45pm	Barre	Studio 1	Milla
6:00-7:00pm	Body Pump	Studio 1	Julie
7:00-8:00pm	Body Balance	Studio 4	Milla

Saturday			
Time	Class	Studio	Who
8:15-8:45am	BURN	Gym Floor	Leisure Team
8:30-10:00am	Vinyasa Yoga	Studio 3	Jackie
9:00-9:45am	Spin	Studio 2	Mark
9:00-10:00am	Body Pump	Studio 1	Julie
10:00-10:45am	Spin	Studio 2	Mark
10:00-11:00am	Body Step	Studio 1	Julie
11:00-12:00pm	Body Combat	Studio 1	Milla
11:30-12:30pm	Body Balance	Studio 3	Cathy

Sunday			
Time	Class	Studio	Who
8:50-9:20am	Barre	Studio 1	Milla
8:45-9:15am	BURN	Gym Floor	Leisure Team
9:30-10:00am	BURN	Gym Floor	Leisure Team
9:30-10:00am	CX WORX	Studio 1	Julie
10:00-10:45am	RPM	Studio 2	Milla
10:00-11:00am	Body Step	Studio 1	Julie
11:00-12:00pm	Zumba	Studio 1	Leila

All Classes are bookable via the Village Gym Website, the Village Gym App and via the iPads on the 1st floor