

**Group Fitness & Cycling Timetable - Nottingham**

Monday			
Time	Class	Studio	Who
6.30am	Abs blast	1	Fitness Team
9.15am	V Spin	Spin	Mike
9.15am	LM Tone	2	Jess
9.30am	Stretch & Relax	1	Mary
9.40am	Apex Active	Gym	Fitness Team
10.15am	Sh'bam	1	Kerry
10.30am	BURN	Gym	Patch/Tom
10.30am	Aqua	Pool	Jess
11.00am	Body Combat	1	Debbie W
12noon	Line Dancing	1	Sue T
1.00pm	Zumba	1	Becky
2.00pm	Pilates	1	Fiona
5.30pm	Abs Blast	1	Cat
6.00pm	Body Combat	1	Jo
6.00pm	Boxing	2	Cat
6.30pm	V Spin	Spin	Steph
7.00pm	BURN	Gym	Patch/Tom
7.15pm	LM Barre	1	Steph
7.15pm	Aqua	pool	Jo
8.00pm	Yoga	1	Susan

Tuesday			
Time	Class	Studio	Who
6.45am	V Spin	Spin	Fitness Team
9.00am	BURN	Gym	Patch/Tom
9.30am	Body Balance	2	Jackie
9.30am	Dance Fit	1	Donna
9.30am	V Spin	Spin	Debbie W
10.00am	Apex Agility	Gym	Fitness Team
10.30am	Aqua	Pool	Jackie
10.30am	Body Pump	1	Debbie W
10.40am	Apex Core	Gym	Fitness Team
11.30am	Stretch and relax	1	Donna
1.45pm	Line Dancing	1	Sue T
5.45pm	Metafit	1	Kyle
6.15pm	Body Pump	1	Jo
6.15pm	V Spin	Spin	Steve
6.30pm	Apex Strength	Gym	Fitness Team
6.30pm	Running Club	Outside	Sweatshop
7.20pm	Circuits	1	Steve

Wednesday			
Time	Class	Studio	Who
6.30am	Circuits	1	Jane
9.30am	V Spin	Spin	Steve
9.30am	Body Balance	1	Jess
9.45am	BURN	2	Patch/Tom
9.45am	Low Aerobics	2	April
10.30am	Aqua	Pool	Jo
10.30am	Circuit	1	Steve
10.30am	Kettlebells	Gym	Mark
1.30pm	Pilates	1	Alexandria
5.30pm	GRIT Strength	1	Debbie W
6.00pm	Tabata Cardio	1	Steve
6.00pm	BURN	Gym	Patch/Tom
6.30pm	Apex Strength	Gym	Fitness Team
6.30pm	Body Attack	1	Debbi B
6.30pm	V Spin	Spin	Steve
6.30pm	Zumba	2	Alexandria
7.45pm	Pilates	1	Alexandria

Thursday			
Time	Class	Studio	Who
6.35am	Body Conditioning	1 or gym	Fitness Team
9.00am	Legs, Bum & Tums	1	Donna
9.45am	Step	1	Donna
9.45am	Dance Fit	2	Fesa
9.45am	Apex Strength	Gym	Fitness Team
10.30am	Apex Fusion	Gym	Fitness Team
10.30am	Aqua	Pool	Fesa
10.45am	Body Balance	1	Jess
11.15am	Aqua	pool	Fesa
12.00pm	Zumba	1	Becky
5.45pm	Dance Fit	1	Donna
6.20pm	Functional Blast	Gym	Fitness Team
6.15pm	V Spin	Spin	Marta
6.30pm	LM Tone	1	Steph
6.45pm	Aqua	Pool	Donna
7.00pm	Apex Core	Gym	Gym Team
7.15pm	Body Pump	1	Isaac
7.15pm	Body Balance	2	Marta

Friday			
Time	Class	Studio	Who
6.30am	Circuits	1	Jane
9.10am	Step	1	Donna
9.30am	LES MILLS Sprint	Spin	Jo
9.20am	Sh'bam	2	Kerry
10.00am	Body Combat	1	Debbie W
10.15am	GRIT Strength	2	Jo
10.45am	BURN	Gym	Patch/Tom
10.45am	Aqua	Pool	Jo
10.45am	Legs, Tums & Bums	1	Fesa
11.40am	Apex Core	Gym	Fitness Team
2.00pm	Pilates	1	Carol
5.30pm	Tabata Cardio	1	Karl
6.00pm	Tabata Strength	1	Karl

Saturday			
Time	Class	Studio	Who
7.45am	Yoga	1	See Exerp
9.30am	Tabata Cardio	1	Steve
9.15am	Body Combat	2	Debbie W
9.30am	V Spin	Spin	Steph
10.00am	Tabata Strength	1	Steve
10.30am	LM Barre	2	Steph
10.40am	Apex Core	Gym	Fitness Team
10.45am	Body Pump	1	Jess
12.00pm	Body Balance	1	Jess
Sunday			
Time	Class	Studio	Who
9.30am	Tabata	1	Steve W
10.00am	V Spin	Spin	Steve
10.00am	Body Attack	1	Debbi B
10.50am	V Spin Express	1	Steve
11.00am	Body Step	1	Marta
7.15pm	Yoga	1	See Exerp