

MONDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
BODYSTEP	09:30-10:15	Aerobic	FITNESS	150	Janet
BODYBALANCE	10:15-11:00	Aerobic	HOLISTIC	50	Janet
Aqua	11:00-11:45	Pool	FITNESS	-	Sue
Pilates	11:00-12:00	Aerobic	HOLISTIC	65	Cilla
Express Spin	17:30-18:00	Spin	CYCLE	100	Leisure
BODYCOMBAT	17:45-18:30	Aerobic	FITNESS	150	Ant
New Burn	18:00-18:30	Gym Floor	HIIT	100	Leisure
Spin	18:30-19:15	Spin	CYCLE	150	Leisure
GRIT	18:30-19:00	Aerobic	HIIT	80	Leisure
New Barre	18:30-19:00	Wellness	HOLISTIC	50	Emma
Zumba	19:00-19:45	Aerobic	DANCE	75	Emma

TUESDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
Express Spin	06:45-07:15	Spin	CYCLE	100	Leisure
Body Conditioning	07:15-07:45	Aerobic	HIIT	80	Leisure
Fitness Pilates	09:30-10:15	Wellness	HOLISTIC	50	Julianne
Tri-Workout	09:30-10:15	Aerobic	FITNESS	120	Sue
BodyConditioning	10:15-11:00	Aerobic	FITNESS	120	Sue
Aqua	10:30-11:15	Pool	FITNESS	-	Sarah
BODYPUMP	17:30-18:00	Aerobic	FITNESS	80	Leisure
Aqua Zumba	17:45-18:30	Pool	FITNESS	-	Emma
Metafit	18:00-18:30	Aerobic	HIIT	100	Leisure
Express Spin	18:30-19:00	Spin	CYCLE	100	Leisure
New Burn	18:30-19:00	Gym Floor	CORE	70	Leisure

WEDNESDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
New Burn	07:00-07:30	Gym Floor	HIIT	100	Leisure
BODYPUMP	09:30-10:30	Aerobic	FITNESS	150	Janet
Aqua	10:30-11:15	Pool	FITNESS	-	Danny
Yogalates	10:30-11:15	Aerobic	HOLISTIC	70	Janet
Express Spin	17:30-18:00	Spin	CYCLE	100	Leisure
GRIT CARDIO	17:30-18:00	Wellness	FITNESS	150	Leisure
BODYCOMBAT	17:45-18:30	Aerobic	FITNESS	150	Ant
Abs	18:00-18:30	Wellness	CORE	50	Leisure
BODYPUMP	18:30-19:15	Aerobic	FITNESS	120	Leisure
Spin	18:30-19:15	Spin	CYCLE	150	Leisure
BODYBALANCE	18:30-19:15	Wellness	AEROBIC	50	Janet
V Swim	19:00-20:00	Pool	FITNESS	-	-

THURSDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
Express Spin	06:45-07:15	Spin	CYCLE	100	Leisure
New Burn	07:15-07:45	Gym Floor	HIIT	100	Leisure
Pilates	08:45-09:30	Wellness	HOLISTIC	65	Cilla
Flex & Stretch	09:30-10:15	Wellness	HOLISTIC	65	Cilla
BODYATTACK	09:30-10:15	Aerobic	FITNESS	150	Sue
Pilates	10:15-11:00	Wellness	HOLISTIC	50	Cilla
BodyConditioning	10:15-11:00	Aerobic	FITNESS	120	Sue
Aqua	10:30-11:15	Pool	FITNESS	-	Christine
Express Spin	17:30-18:00	Spin	CYCLE	100	Leisure
BodyConditioning	17:30-18:15	Aerobic	FITNESS	120	Sue
New MetaPower	18:00-18:30	Wellness	COMBAT	100	Pete
New Burn	18:30-19:00	Gym Floor	HIIT	100	Leisure
Spin	18:30-19:15	Spin	CYCLE	150	Leisure
Zumba	18:50-19:35	Aerobic	DANCE	75	Amanda
Aqua	19:00-19:45	Pool	FITNESS	-	Danny

FRIDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
GRIT STRENGTH	06:45-07:15	Aerobic	HIIT	100	Leisure
Express Spin	07:15-07:45	Spin	CYCLE	100	Leisure
BODYCOMBAT	09:30-10:15	Aerobic	COMBAT	150	Ant
BodyConditioning	10:15-11:00	Aerobic	FITNESS	120	Ant
Spin	11:00-11:45	Spin	CYCLE	150	Leisure
Aqua	11:00-11:45	Pool	FITNESS	-	Sue
Family Splash	17:00-18:00	Pool	-	-	-
Express Spin	17:00-17:30	Spin	CYCLE	100	Leisure
Circuit	17:30-18:15	Aerobic	HIIT	125	Leisure
Yogalates	18:30-19:15	Aerobic	HOLISTIC	70	Janet

SATURDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
New Burn	08:00-08:30	Gym Floor	HIIT	100	Leisure
Metafit	08:30-09:00	Aerobic	HIIT	100	Leisure
BODYPUMP	09:00-09:55	Aerobic	FITNESS	100	Leisure
Krav Maga	09:15-10:30	Wellness	COMBAT	-	Karl
Spin	09:30-10:15	Spin	CYCLE	150	Leisure
BODYCOMBAT	10:00-10:45	Aerobic	COMBAT	150	Ant
Spin	10:30-11:15	Spin	CYCLE	150	Leisure
ABS	10:45-11:15	Aerobic	CORE	50	Ant
Family Splash	11:00-12:00	Pool	-	-	-
STAGE TIME £	11:45-12:45	Aerobic	-	-	-
STAGE TIME £	13:00-14:00	Aerobic	-	-	-

SUNDAY CLASS	TIME	STUDIO	MOVEMENT	MEPS	INSTRUCTOR
New Burn	08:30-09:00	Gym Floor	HIIT	100	Leisure
BODYATTACK	09:00-09:45	Aerobic	HIIT	100	Sue
Spin	09:30-10:15	Spin	CYCLE	150	Leisure
New Tone	09:45-10:30	Aerobic	HIIT	50	Janet
Fitness Pilates	09:45-10:30	Wellness	HOLISTIC	50	Julianne
Fitness Pilates	10:30-11:15	Wellness	HOLISTIC	50	Julianne
BODYBALANCE	10:30-11:15	Aerobic	FITNESS	50	Janet
Family Splash	11:00-12:00	Pool	-	-	-
Zumba	11:45-12:30	Aerobic	DANCE	100	Siobhan
Family Karate £	14:00-15:00	Wellness	COMBAT	-	-

Club Opening Times		Off Peak Times	
Monday	06:30-22:00	Monday	08:00-17:00
Tuesday	06:30-22:00	Tuesday	08:00-17:00
Wednesday	06:30-22:00	Wednesday	08:00-17:00
Thursday	06:30-22:00	Thursday	08:00-17:00
Friday	06:30-22:00	Friday	08:00-17:00
Saturday	08:00-20:00	Saturday	08:00-20:00
Sunday	08:00-20:00	Sunday	08:00-20:00

  

Children Swim Times	
Monday	09:00-12:00 & 14:00-17:30
Tuesday	09:00-12:00 & 14:00-17:30
Wednesday	09:00-12:00 & 14:00-17:30
Thursday	09:00-12:00 & 14:00-17:30
Friday	09:00-12:00 & 14:00-19:00
Saturday	09:00-12:00 & 14:00-19:00
Sunday	09:00-12:00 & 14:00-18:00



Timetable commences Monday 22nd May 2018  
 Bookings can be made 7 days in advance  
 To book visit: [www.villagegym.co.uk](http://www.villagegym.co.uk)  
 Virtual classes available, see virtual timetables.