

BANK HOLIDAY FITNESS CLASS TIMETABLE

6 MAY 2024

TIME	CLASS	INSTRUCTOR	STUDIO
0730-0815	Box HIIT	Fitness Team	Studio 1
0930-1015	Legs, Bums & Tums	Lou	Studio 1
0930-1015	Group Cycle Virtual	Virtual	Studio 2
1025-1125	Pilates	Lou	Studio 1
1130-1200	Group Cycle Virtual	Virtual	Studio 2
1230-1330	Circuits	Felix	Studio 1
1330-1400	Virtual Pilates	Virtual	Studio 2
1415-1445	Virtual Pilates	Virtual	Studio 2
1500-1530	Virtual Yoga	Virtual	Studio 2
1700-1745	Body Attack	Fiona	Studio 1
1715-1815	Group Cycle	Fitness Team	Studio 2
1730-1800	Metafit	Huw	Studio 3
1755-1855	Body Pump	Fiona	Studio 1
1800-1845	Outdoor Conditioning	Brad	Outside