

# Summer Group Exercise Timetable 2024

Monday 22nd July - Saturday 31st August

MONDAY	TUESDAY	WEDNESDAY
07:00-07:45 HIIT SH 1	07:00-07:45 Legs Bums and Tums SH 1	07:00-07:45 HIIT SH 1
10:45-11:45 Yoga Func	10:30-11:15 Indoor Cycling Spin	10:00-10:30 Core Blast Spin
12:00-13:00 Yoga Func	13:00-14:00 Pilates Func	10:45-11:45 Pilates Func
18:30-19:15 Indoor Cycling Spin	18:45 - 19:45 Fitsteps SH1	11:00-11:30 Junior circuits Gym
18:45-19:30 Zumba Func	19:00-20:00 Circuits SH2	18:30-19:15 Indoor Cycling Spin
19:00-19:30 Functional Gym	19:15 - 20:15 Body Pump Spin	18:45-19:45 Pilates Func
19:30-20:15 Body Balance Func		19:00-20:00 Body Combat Dan
		19:30-20:30 Kettlecise SH1
THURSDAY	FRIDAY	SATURDAY
07:00-07:45 Core Stability SH 1	07:00-07:45 HIIT SH 1	07:45-08:45 Circuits SH 2
12:00-12:45 Indoor Cycling Spin	11:00-11:30 Core Blast Spin	SUNDAY
12:15-13:00 Aqua Pool	11:45 - 12:45 Yoga Func	10:00-10:45 Indoor Cycling Spin
18:45-19:45 Body Balance Func	13:00-14:00 Yoga Func	
18:45-19:30 Body Combat Spin	18:45-19:45 Yoga Func	
18:45-19:30 HITT SH 1		
19:45-20:45 Body Pump Spin		

<b>Indoor Cycling</b>	<b>Holistic</b>	Downstairs Gym	Gym	Dance studio	DAN
<b>Weights Workout</b>	<b>High Intensity Training</b>	Sports hall 1	SH1		
<b>Aerobic / Dance</b>	<b>Junior session</b>	Sports hall 2	SH2		
		Squash Courts	Squ		
		Function Room	Func		
		Spin Studio	Spin		

