



# GROUP FITNESS TIMETABLE

Dewsbury Group Exercise Timetable January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYATTACK™</b> 9:30AM - 10:15AM Studio 1	<b>Insanity</b> 6:45AM - 7:35AM Studio 1	<b>Studio Cycling</b> 9:30AM - 10:15AM Cycle Studio	<b>BODYPUMP™</b> 9:30AM - 10:15AM Studio 1	<b>HIIT Circuit</b> 9:30AM - 10:15AM Studio 2	<b>Insanity</b> 8:20AM - 9:10AM Studio 1	<b>Insanity</b> 8:30AM - 9:20AM Studio 1
<b>Low Impact Circuit</b> 10:00AM - 10:45AM Sports Hall	<b>BODYCOMBAT™</b> 9:30AM - 10:15AM Studio 1	<b>Low Impact Circuit</b> 10:00AM - 11:00AM Sports Hall	<b>Flex &amp; Stretch</b> 10:30AM - 11:15AM Studio 1	<b>Clubbercise</b> 9:30AM - 10:15AM Studio 1	<b>Studio Cycling</b> 9:30AM - 10:15AM Cycle Studio	<b>Studio Cycling</b> 9:30AM - 10:15AM Cycle Studio
<b>Studio Cycling (Ladies Only)</b> 10:30AM - 11:15AM Cycle Studio	<b>CXWORX™</b> 10:20AM - 10:50AM Studio 1	<b>BODYVIVE™</b> 10:30AM - 11:15AM Studio 1	<b>Chair Based</b> 11:20AM - 12:05PM Studio 1	<b>Studio Cycling</b> 10:30AM - 11:15AM Cycle Studio	<b>BODYCOMBAT™</b> 10:00AM - 11:00AM Sports Hall	<b>BODYPUMP™</b> 10:30AM - 11:15AM Studio 1
<b>Mature Movers</b> 11:00AM - 11:45AM Studio 1	<b>Mature Movers</b> 11:00AM - 11:45AM Studio 1	<b>Mature Movers</b> 10:45AM - 11:30AM Studio 2	<b>Pilates</b> 12:25PM - 1:10PM Studio 3	<b>Mature Movers</b> 10:45AM - 11:30AM Studio 1		<b>Studio Cycling</b> 10:30AM - 11:15AM Cycle Studio
<b>Pilates</b> 11:30AM - 12:30PM Studio 3	<b>Pilates</b> 12:00PM - 1:00PM Studio 3	<b>Studio Cycling</b> 5:30PM - 6:15PM Cycle Studio	<b>Aqua Med</b> 1:45PM - 2:30PM Pool	<b>Studio Cycling</b> 5:15PM - 6:00PM Cycle Studio		<b>CXWORX™</b> 11:20AM - 11:50AM Studio 1
<b>Chair Based</b> 12:00PM - 12:45PM Studio 1	<b>BODYATTACK™</b> 5:30PM - 6:15PM Studio 1	<b>BODYCOMBAT™</b> 5:40PM - 6:40PM Studio 1	<b>Studio Cycling</b> 5:30PM - 6:15PM Cycle Studio	<b>BODYPUMP™</b> 6:15PM - 7:00PM Studio 2		<b>BODYBALANCE™</b> 5:00PM - 6:00PM Studio 1
<b>Studio Cycling</b> 5:30PM - 6:15PM Cycle Studio	<b>Studio Cycling</b> 5:30PM - 6:15PM Cycle Studio	<b>Kettlebells</b> 6:00PM - 6:45PM Studio 2	<b>BODYATTACK™</b> 6:00PM - 6:45PM Studio 1			
<b>BODYPUMP™</b> 6:00PM - 7:00PM Studio 1	<b>Kettlebells (Ladies Only)</b> 5:30PM - 6:15PM Studio 3	<b>Pilates</b> 6:30PM - 7:30PM Studio 3	<b>CXWORX™</b> 6:45PM - 7:15PM Studio 1			
<b>BODYVIVE™</b> 6:00PM - 6:45PM Studio 2	<b>BODYBALANCE™</b> 6:15PM - 7:15PM Studio 1	<b>BODYPUMP™</b> 6:50PM - 7:50PM Studio 1	<b>Studio Cycling</b> 7:30PM - 8:15PM Cycle Studio			
<b>Pilates</b> 6:00PM - 7:00PM Studio 3	<b>Studio Cycling</b> 7:00PM - 7:45PM Cycle Studio	<b>Studio Cycling</b> 7:00PM - 7:45PM Cycle Studio	<b>BODYBALANCE™</b> 7:30PM - 8:15PM Studio 1			
<b>CXWORX™</b> 7:05PM - 7:35PM Studio 2	<b>Clubbercise</b> 7:30PM - 8:15PM Studio 1	<b>Circuit</b> 8:00PM - 9:00PM Studio 1				
<b>BODYCOMBAT™</b> 7:15PM - 8:15PM Studio 1						
<b>Studio Cycling</b> 7:15PM - 8:00PM Cycle Studio						
<b>Aqua Fit</b> 7:30PM - 8:15PM Pool						