



GROUP FITNESS TIMETABLE

Holmfirth Pool & Fitness Centre Group Exercise Timetable January 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 9:30AM - 10:30AM Studio	BODYVIVE™ 9:30AM - 10:15AM Studio	BODYCOMBAT™ 9:30AM - 10:30AM Studio	BODYPUMP™ 9:30AM - 10:30AM Studio	Pilates 9:30AM - 10:30AM Studio	Pilates 9:00AM - 10:00AM Studio	Pilates 9:15AM - 10:00AM Studio
Aqua Fit 9:45AM - 10:30AM Pool	Zumba 10:50AM - 11:35AM Studio	Hatha Yoga 1:00PM - 2:00PM Studio	Iyengar Yoga 1:00PM - 2:00PM Studio	BODYATTACK™ 10:30AM - 11:15AM Studio	Circuit 10:30AM - 11:30AM Studio	BOX45 10:15AM - 11:00AM Studio
Aqua Med 10:30AM - 11:15AM Pool	Aqua Med 2:45PM - 3:30PM Pool	BODYATTACK™ 5:45PM - 6:30PM Studio	Aqua Fit 2:00PM - 2:45PM Pool	BODYVIVE™ 6:00PM - 6:45PM Studio		
Pilates 12:15PM - 1:00PM Studio	Aerotone 5:30PM - 6:15PM Studio	BODYPUMP™ 6:45PM - 7:30PM Studio	Aqua Med 2:45PM - 3:30PM Pool			
Aqua Med 1:30PM - 2:15PM Pool	Hatha Yoga 6:30PM - 7:30PM Studio	Aqua Fit 7:00PM - 7:45PM Pool	Beginners Pilates 5:30PM - 6:15PM Studio			
BODYPUMP™ 5:30PM - 6:15PM Studio	Swimfit Gymfit 7:15PM - 8:00PM Pool	BOX45 7:45PM - 8:30PM Studio	Pilates 6:30PM - 7:15PM Studio			
Aqua Fit 6:30PM - 7:15PM Pool	BODYATTACK™ 7:45PM - 8:45PM Studio		BODYCOMBAT™ 7:30PM - 8:30PM Studio			
BODYCOMBAT™ 6:30PM - 7:15PM Studio	Aqua Fit 8:00PM - 8:45PM Pool					
Deep Water Aqua Fit 7:15PM - 8:00PM Pool						
Ashtanga Yoga 7:30PM - 8:30PM Studio						