

# GROUP FITNESS TIMETABLE

## WEDNESDAY 1st NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0900-0945	BURN	GYM	GYM
0930-1030	BODYPUMP	I	ALI
1030-1130	BODYBALANCE	I	CHERYL
1300-1345	BURN	GYM	GYM
1730-1815	BURN	GYM	GYM
1730-1830	BODYCOMBAT	I	PAUL
1830-1900	GRIT	I	NIC
1830-1915	BURN	GYM	GYM
1900-1930	CX WORX	I	NIC
1930-2030	SH'BAM	I	AMY
2030-2130	BODYBALANCE	I	GRACE

## THURSDAY 2nd NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0630-0730	BODYCOMBAT	I	JACK
0730-0815	BURN	GYM	GYM
0730-0800	VIRTUAL BODYBALANCE	I	V
0800-0830	VIRTUAL BODYPUMP	I	V
0900-0930	VIRTUAL CX WORX	I	V
0930-1030	BODYPUMP	I	ALI
1215-1300	BURN	GYM	GYM
1700-1730	VIRTUAL GRIT STRENGTH	I	V
1730-1830	YOGA	I	CARLA
1800-1845	BURN	GYM	GYM
1830-1930	BODYATTACK	I	LUCY
1900-1945	BURN	GYM	GYM
1930-2000	GRIT	I	STU
2000-2100	VIRTUAL BODYBALANCE	I	V

## FRIDAY 3rd NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0630-0730	BODYATTACK	I	LOU
0730-0800	GRIT	I	LOU
0830-0900	VIRTUAL BODYBALANCE	I	V
0900-0945	BURN	GYM	GYM
0900-1000	AQUAFIT	POOL	SADIE
1130-1230	BODYBALANCE	I	NICOLA
1200-1245	BURN	GYM	GYM
1730-1815	BURN	GYM	GYM
1730-1830	BODYPUMP	I	ALI
1830-1930	BODYSTEP	I	KERRY

## SATURDAY 4th NOVEMBER

Time	Class	Studio	Instructor
0830-0915	BURN	GYM	GYM
0830-0930	BODYCOMBAT	I	PAUL
0930-1015	BURN	GYM	GYM
0930-1030	BODYPUMP	I	PAUL
1030-1100	GRIT	I	LOU
1030-1115	BURN	GYM	GYM
1130-1230	BODYBALANCE	I	GRACE

## SUNDAY 5th NOVEMBER

Time	Class	Studio	Instructor
0830-0915	BURN	GYM	GYM
0930-1015	BURN	GYM	GYM
0930-1030	BODYPUMP	I	STU
1100-1130	GRIT	I	STU
1230-1300	VIRTUAL BODYBALANCE	I	V

## MONDAY 6th NOVEMBER

Time	Class	Studio	Instructor
0630-0730	BODYPUMP	I	NIC
0630-0715	BURN	GYM	GYM
0730-0800	GRIT	I	NIC
0815-0845	VIRTUAL CX WORX	I	V
0845-0915	VIRTUAL BODYBALANCE	I	V
0900-0945	BURN	GYM	GYM
0915-0945	VIRTUAL BODYPUMP	I	V
1030-1100	VIRTUAL CX WORX	I	V
1200-1300	BODYBALANCE	I	NICOLA
1200-1245	BURN	GYM	GYM
1730-1815	BURN	GYM	GYM
1730-1830	BODYPUMP	I	PAUL
1830-1915	BURN	GYM	GYM
1830-1930	BODYCOMBAT	I	JACK
1930-2015	VIRTUAL BODYBALANCE	I	V

## TUESDAY 7th NOVEMBER

Time	Class	Studio	Instructor
0630-0730	BODYPUMP	I	STU
0745-0830	BURN	GYM	GYM
0730-0830	BODYBALANCE	I	GRACE
0830-0900	VIRTUAL GRIT CARDIO	I	V
0900-0930	VIRTUAL SH'BAM	I	V
0900-0945	BURN	GYM	GYM
0930-1030	BODYATTACK	I	JASON
1030-1130	PILATES	I	MARK
1030-1130	AQUAFIT	POOL	SADIE
1800-1845	BURN	GYM	GYM
1830-1930	BODYPUMP	I	LOU
1900-1945	BURN	GYM	GYM
2030-2130	PILATES	I	GRACE

ALL CLASSES ARE BOOKABLE VIA THE VILLAGE GYM WEBSITE, THE VILLAGE GYM APP AND VIA THE IPADS ON THE 1ST FLOOR

# GROUP FITNESS TIMETABLE

## WEDNESDAY 8th NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0900-0945	BURN	GYM	GYM
0930-1030	BODYPUMP	I	ALI
1030-1130	BODYBALANCE	I	CHERYL
1300-1700	LM ON DEMAND	I	OD
1300-1345	BURN	GYM	GYM
1730-1815	BURN	GYM	GYM
1730-1830	BODYCOMBAT	I	PAUL
1830-1900	GRIT CARDIO	I	NIC
1830-1915	BURN	GYM	GYM
1900-1930	CX WORKS	I	NIC
1930-2030	SH'BAM	I	AMY
2030-2130	BODYBALANCE	I	GRACE

## THURSDAY 9th NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0630-0730	BODYCOMBAT	I	JACK
0730-0815	BURN	GYM	GYM
0730-0800	VIRTUAL BODYBALANCE	I	V
0800-0830	VIRTUAL BODYPUMP	I	V
0900-0930	VIRTUAL CX WORX	I	V
0930-1030	BODYPUMP	I	ALI
1215-1300	BURN	GYM	GYM
1200-1700	LM ON DEMAND	I	OD
1700-1730	VIRTUAL GRIT STRENGTH	I	V
1730-1830	YOGA	I	CARLA
1800-1845	BURN	GYM	GYM
1830-1930	BODYATTACK	I	LUCY
1900-1945	BURN	GYM	GYM
1930-2000	GRIT STRENGTH	I	STU
2000-2100	VIRTUAL BODYBALANCE	I	V

## FRIDAY 10th NOVEMBER

Time	Class	Studio	Instructor
0630-0715	BURN	GYM	GYM
0630-0730	BODYATTACK	I	LOU
0730-0800	GRIT	I	LOU
0830-0900	VIRTUAL BODYBALANCE	I	V
0900-0945	BURN	GYM	GYM
0900-1000	AQUAFIT	POOL	SADIE
1130-1230	BODYBALANCE	I	NICOLA
1200-1245	BURN	GYM	GYM
1230-1730	LM ON DEMAND	I	OD
1730-1815	BURN	GYM	GYM
1730-1830	BODYPUMP	I	ALI
1830-1930	BODYSTEP	I	KERRY

## SATURDAY 11th NOVEMBER

Time	Class	Studio	Instructor
0830-0915	BURN	GYM	GYM
0830-0930	BODYCOMBAT	I	PAUL
0930-1015	BURN	GYM	GYM
0930-1030	BODYPUMP	I	PAUL
1030-1100	GRIT	I	LOU
1030-1115	BURN	GYM	GYM
1130-1230	BODYBALANCE	I	GRACE

## SUNDAY 12th NOVEMBER

Time	Class	Studio	Instructor
0830-0915	BURN	GYM	GYM
0930-1015	BURN	GYM	GYM
0930-1030	BODYPUMP	I	STU
1100-1130	GRIT	I	STU
1300-1345	BURN	GYM	GYM
1230-1300	VIRTUAL BODYBALANCE	I	V

## MONDAY 13th NOVEMBER

Time	Class	Studio	Instructor
0630-0730	BODYPUMP	I	NIC
0630-0715	BURN	GYM	GYM
0730-0800	GRIT	I	NIC
0815-0845	VIRTUAL CX WORX	I	V
0845-0915	VIRTUAL BODYBALANCE	I	V
0900-0945	BURN	GYM	GYM
0915-0945	VIRTUAL BODYPUMP	I	V
1030-1100	VIRTUAL CX WORX	I	V
1200-1300	BODYBALANCE	I	NICOLA
1200-1245	BURN	GYM	GYM
1300-1730	LM ON DEMAND	I	OD
1730-1815	BURN	GYM	GYM
1730-1830	BODYPUMP	I	PAUL
1830-1915	BURN	GYM	GYM
1830-1930	BODYCOMBAT	I	JACK
1930-2015	VIRTUAL BODYBALANCE	I	V

## TUESDAY 14th NOVEMBER

Time	Class	Studio	Instructor
0630-0730	BODYPUMP	I	STU
0745-0830	BURN	GYM	GYM
0730-0830	BODYBALANCE	I	GRACE
0830-0900	VIRTUAL GRIT CARDIO	I	V
0900-0930	VIRTUAL SH'BAM	I	V
0900-0945	BURN	GYM	GYM
0930-1030	BODYATTACK	I	JASON
1030-1130	PILATES	I	MARK
1030-1130	AQUAFIT	POOL	SADIE
1130-1700	LM ON DEMAND	I	OD
1215-1300	BURN	GYM	GYM
1800-1845	BURN	GYM	GYM
1830-1930	BODYPUMP	I	LOU
1900-1945	BURN	GYM	GYM
2030-2130	PILATES	I	GRACE

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