

# Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.45 Spin	6.45 Functional Training	6.45 Spivi	6.45 Body Pump	6.45 Spin	9.00 Body Attack	9.00 Functional Training
9.30 Legs,bums,tums	8.00 Body Pump	9.15 Body Pump	9.30 Step It Up	6.45 Body Combat	10.00 Body Pump	10.15 Body Pump
11.00 Metafit	9.15 Body Pump	10.30 Spin	10.30 Body Jam	8.00 Body Pump	10.15 Spivi	10.30 Spin
12.30 Yoga & Relaxation	10.00 Mature Movers	11.00 Pilates	10.30 Spivi	9.30 Body Pump	11.00 Body Balance	11.15 Yoga
13.00 Spin	10.15 Spin	13.15 Mature Movers	11.45 Aqua	10.30 Mature Spin	11.30 Spin	11.30 Spivi
17.00 Body Balance	11.00 Body Balance	15.45 Fit Kids	13.00 Spin	10.30 Body Balance		13.30 Fit Kids
18.15 Body Pump	11.45 Aqua	17.15 Body Pump	18.00 Metafit	11.15 Spin		16.00 Body Pump
18.15 Spivi	13.00 Metafit	18.15 Body Jam	18.15 Spin	17.30 Spin		19.00 Spivi
19.15 Body Combat	17.15 Spivi	18.15 Spin	18.30 Body Attack	18.30 Yoga		
19.15 Spin	18.15 Legs,bums,tums	19.15 Body Combat	19.15 Spivi	18.30 Spivi		
20.15 Yoga	18.15 Spin	19.15 Spin	19.30 Body Pump			
20.15 Spin	19.15 Body Attack	20.15 Metafit	20.15 Spin			
	19.30 Spin	20.15 Spivi	20.15 Body Balance			
	20.15 Body Pump					

- You Fit exercise classes are open to all members and cater for all fitness levels, allowing you to workout at your own pace and within your own comfort level. Your class instructor will provide exercise variations to suit your ability.
- If you are attending an group exercise class for the first time please inform the instructor prior to the start of the class.
- Group exercise classes are free to members. There may be a small additional charge for some holistic or specialist classes as noted on the timetable.
- All class times include the set-up and take-down of equipment.
- We advise you contact the club prior to attending the activity to ensure the class is running, or check our club facebook page.
- Advance booking is recommended. Please contact the club reception for further details.

**Holistic**  
Holistic activities help to improve suppleness and flexibility. They are also an excellent way to reduce stress levels and to restore your energy levels.

**Strength & Conditioning**  
Strength and conditioning classes are the perfect way to tone your muscles and shape your body.

**Cardio and Calorie Burn**  
These activities are energetic workouts which raise your heart rate and help to burn those calories.

**Swimming Lessons**

**Specialist**  
Specialist themed activities and classes



Take a picture or visit our website [youfitclubs.co.uk](http://youfitclubs.co.uk) to view our class timetable.

