

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.45 Spin - 45mins	06.45 Functional Training - 45mins	06.45 Spivi -45mins	06.45 Body Pump -45mins	06.45 Spin - 45mins	Swim Stars	09.30 Body Pump -1hr
09.30 LBT -1hr	08.00 Body Pump -45mins	09.15 Body Pump -1hr	09.30 Step it up -1hr	06.45 Fitness Pilates 45mins	Swimming Lessons 09.00am -16.00pm	10.30 Spin -45mins
10.30 Body Pump -1hr	09.15 Body Pump -45mins	10.30 Spin -45mins	10.30 Spivi -45mins	08.00 Body Pump -1hr	09.00 Body Attack -1hr	11.15 Yoga -1hr
12.30 Yoga & Relaxation -1hr & 30mins	10.00 Mature Movers -1hr	11.00 Pilates -1hr	10.30 Body Jam -1hr	09.30 Body Pump -1hr	10.00 Body Pump -1hr	13.30 Fit Kids -45mins
13.00 Spin -45mins	10.15 Spin - 45mins	12.00 Mature Movers -1hr	11.45 Aqua -45mins	10.30 Mature Spin - 30mins	10.00 Spivi -45mins	16.00 Body Pump -1hr
17.00 Body Balance -1hr	11.00 Body Balance -1hr	15.45 Fit Kids -45mins	13.00 Spin -45mins	10.30 Body Balance -1hr	11.00 Body Balance -1hr	19.00 Spivi -45mins
18.15 Body Pump -1hr	11.45 Aqua -45mins	17.15 Body Pump -1hr	18.00 Metafit -30mins	11.15 Spin -45mins		
18.15 Spivi -45mins	Water Babies	18.15 Body Jam -1hr	18.15 Spin -45mins	Water Babies		
19.15 Body Combat -1hr	Swimming-Lessons 13.45pm - 15.15pm	18.15 Spin -45mins	18.30 Body Attack -1hr	Swimming Lessons 12.00pm -14.00pm		
19.15 Spin -30mins	13.00 Metafit -30mins	19.15 Body Combat -1hr	19.15 Spivi -45mins	17.30 Spin -45mins		
20.15 Yoga -1hr	Swim Stars	19.15 Spin -45mins	19.30 Body Pump -30mins	18.30 Yoga -1hr		
20.15 Spin -45mins	Swimming Lessons 16.00pm - 19.00pm	20.15 Metafit -30mins	20.15 Spin -30mins			
	18.15 LBT -1hr		20.15 Body Balance -1hr			
	18.15 Spin - 45mins					
	19.15 Body Attack -1hr					
	19.30 Spin -45mins					
	20.15 Body Pump -1hr					

- 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 to view our class timetable.

