

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09.30 LBT -1hr	06.45 Functional Training	09.15 Body Pump -1hr	06.45 Body Pump-	06.45 Fitness Pilates - 45mins	09.00 Body Attack -1hr	08.30 Functional Training
10.30 Body Pump -1hr	08.00 Body Pump -	11.00 Pilates -1hr	09.30 Step It Up -1hr	08.00 Body Pump -1hr	10.00 Body Pump -1hr	09.30 Body Pump -1hr
11.30 Pilates -1hr	09.15 Body Pump -45mins	13.00 Mature Movers -1hr	10.30 Dance Fit -1hr	09.30 Body Pump -1hr	11.00 Body Balance -1hr	10.30 Body Combat 45-mins
12.30 Yoga & Relaxation -1hr 30mins	10.00 Mature Movers-1hr	17.15 Body Pump -1hr	11.45 Aqua -45mins	10.30 Body Balance -1hr	Water Babies 11.30am – 14.30pm	11.15 Yoga -1hr
17.00 Body Balance -1hr	11.00 Body Balance-1hr	18.15 Cardio Step -1hr	18.00 Metafit -30mins	11.30 Pilates -1hr (Trial)		Swim Stars 09.00am – 14.00pm
18.15 Body Pump -1hr	11.45 Aqua -45mins	19.15 Body Combat -1hr	18.30 Body Attack -1hr	18.30 Yoga -1hr		16.00 Body Pump -1hr
19.15 Body Combat -1hr	13.00 Metafit -30mins	20.15 HIIT Step -30mins	19.30 Body Pump-30mins			
20.15 Yoga -1hr	15.45 Fit Kids -45mins		20.15 Fitness Pilates 1hr	Water Babies 11.30am – 14.00pm		
	18.15 LBT -1hr					
	19.15 Body Attack -1hr					
	20.15 Body Pump -1hr					
	Water Babies 13.00pm – 14.30pm					
	Swim Stars 16.00pm -19.00pm					

- 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.

