

Group Exercise Timetable



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates 10:00 - 11:00 Denise	Fit at 50 10:00-11.00 Christine	Body-Con <i>Total</i> 09:30-10:15 Paula	Piranhas swim (private lessons) 9.30-12 Jean	Piranhas swim (private lessons) 9.00-11.00 Paula	Pilates 10:00-11:00 Denise	Yoga 11:00-12:00 Jean
Aqua 11:00-11:45 Paula	Spin Circuit 11.00-11.45 Christine Gym floor	Aqua 10:30-11:15 Paula	Fusion Pilates 10.00-11.00 Denise	LBT 9.30-10.30 Justine		
Piranhas swim (Private lesson) 15:00 – 16:00	Spin 18:00-18:45 19.15-20:00	Fitness Pilates 18.00-19.00 Justine	Yoga 13:30-14:30 Jean	Aqua 11.00-11.45 Paula		
HIIT with Steps and weights 18:00-19:00 Sarah	Body-Con <i>Total</i> 19:00-20:00 Paula	Sprint Spin 18:00-19:00 Sarah	Beginner spin 18:00 -18:45 Justine			
Core Ball 19:00-19.30 Sarah		Yoga 19:15-20:15 Jean	LBT 18:00-19:00 Sarah			

All Classes **MUST** be booked via the GymSync App!



- youfit 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.
- 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.
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Take a picture or visit our website youfitclubs.co.uk to view our class timetable.

