

Fitness class timetable



Mon	Stages Cycling 07:00–08:00	Aqua Fitness (Pool) 09:15–10:00		Yoga 16:30–17:30	Stages Cycling 18:00–19:00	BoxFit 19:00–20:00
Tue	HIIT 07:30–08:00		YBell Fitness 17:15–18:00	Stages Circuits 18:00–19:00	Zumba 19:00–20:00	Circuits (Sports Hall) 19:30–20:30
Wed	Stages Cycling 07:00–08:00	Pilates 10:00–11:00	Pilates 11:00–12:00	TRX 12:00–12:45	Stages Cycling 18:00–19:00	Bodypump 19:00–20:00
Thu	HIIT 07:30–08:00		YBell Fitness 17:15–18:00	Stages Cycling 18:00–19:00	Outdoor Circuits (Track) 18:30–19:30	Bodypump 19:00–20:00
Fri	Stages Cycling 07:00–08:00	Zumba 10:00–11:00	TRX 12:15–13:00		Yoga 17:30–18:30	
Sat		Stages Cycling 08:00–08:45	Circuits (Acer) 09:00–10:00			
Sun		Stages Cycling 09:00–10:00	Bodypump 10:00–11:00			



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All classes take place in the GLD studio, unless otherwise stated.