



Group Exercise Timetable 10th Jan 2022 - Oriel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:05-7:35 Spin Express with Fitness Team	7:05-7:45 Spin with Mark	9:15 - 10:15 LBT with Becky	7:05-7:45 Spin with Caz	7:05 - 7:35 Battlebellz with Fitness Team	9:15 -10:00 Bootcamp with Fitness Team	9:15-10:00 Spin with Mark/Jess
09:30-10:00 Circuits with Fitness Team	17:40 - 18:10 Spin Express with Fitness Team	10:30 - 11:15 Pilates with Becky	17:30 - 18:00 TRX & Abs with Fitness Team	9:15-9:45 Spin Express with Fitness Team	10:10 -10:40 Spin Express with Fitness Team	
10:10 - 11:10 Pilates with Becky	18:20 - 19:00 Circuits with Fitness Team	17:50 - 18:35 PUMP with Jess	18:10 - 18:50 ESCALATE with Mark	18:00-18:30 Death Row with Fitness Team		
17:45 -18:15 HIITSTEP with Jess/Mark	19:05 - 20:05 Vinyasa Yoga Flow with David	18: 45 - 19:30 Spin with Mark	18:55 - 19:25 Spin Express with Fitness Team			
18:20-18:40 Abs & Core with Fitness Team	19:05 - 20:05 Vinyasa Yoga Flow with David					
18:30 - 19:30 Vinyasa Yoga Flow with Emma						
18:45 - 19:25 Box Fit with Fitness Team						