

CLASSTIMETABLE COULBY NEWHAM



MONDAY

Studio 1

06:30 - 07:15 **Bootcamp**
 07:15 - 07:45 **Metafit**
 08:00 - 08:45 **Virtual Body Combat™**
 09:15 - 10:15 **Pilates**
 10:30 - 11:30 **LBT**
 11:30 - 12:30 **Pilates**
 13:00 - 14:30 **Yoga**
 17:30 - 18:00 **Express Body Combat™**
 18:00 - 18:45 **Body Pump™**
 18:45 - 19:30 **Body Tone**
 19:30 - 20:00 **Box Fit**
 20:00 - 20:30 **Metafit**

Speedflex

10:30 - 11:00 **Speedflex30**
 17:00 - 17:30 **Coreflex30**
 19:00 - 19:30 **Speedflex30**

Cycling Studio

09:30 - 10:00 **Group Cycling**
 18:00 - 18:30 **Group Cycling**

Pool

10:30 - 11:00 **Aqua Aerobics**

Gym

12:30 - 13:00 **B:Conditioned**

TUESDAY

Studio 1

07:00 - 07:30 **Metafit**
 07:30 - 08:00 **Virtual CX Worx™**
 09:30 - 10:15 **Step n Tone**
 10:30 - 11:30 **Body Pump™**
 11:30 - 12:30 **Pilates**
 17:30 - 18:00 **Metafit**
 18:00 - 18:45 **Body Combat™**
 18:45 - 19:30 **Body Pump™**
 19:30 - 20:00 **Virtual CX Worx™**

Speedflex

06:30 - 07:00 **Speedflex 30**
 17:00 - 17:30 **Speedflex 30**
 19:15 - 19:45 **Coreflex 30**

Cycling Studio

09:30 - 10:00 **Group Cycling**
 18:00 - 18:30 **Group Cycling**

Pool

10:30 - 11:00 **Aqua Aerobics**

Gym

10:15 - 10:45 **B:Conditioned**
 18:30 - 19:00 **B:Strong**

WEDNESDAY

Studio 1

06:30 - 07:00 **Virtual Body Pump™**
 07:00 - 07:30 **Body Power**
 09:15 - 10:00 **Body Combat™**
 10:00 - 10:45 **Dance Aerobics**
 10:45 - 11:30 **Aerobics**
 11:45 - 12:45 **Pilates**
 13:00 - 14:30 **Yoga**
 17:30 - 18:00 **Body Power**
 18:15 - 19:00 **Step n tone**
 19:00 - 20:15 **Yoga Flow**
 20:15 - 21:00 **Body Balance™**

Speedflex

10:45 - 11:15 **Coreflex 30**
 17:00 - 17:30 **Speedflex30**
 19:15 - 19:45 **Speedflex 30**

Cycling Studio

07:30 - 08:00 **Group Cycling**
 09:30 - 10:00 **Group Cycling**
 18:00 - 18:30 **Express RPM™**

Pool

10:30 - 11:00 **Aqua Aerobics**

Gym

06:30 - 07:00 **B:Strong**
 18:30 - 19:00 **B:Corefit**

THURSDAY

Studio 1

07:00 - 07:30 **Metafit**
 09:15 - 10:00 **Aerobics**
 10:00 - 11:00 **Body Pump™**
 11:15 - 12:15 **Pilates**
 15:30 - 16:30 **Virtual Body Combat™**
 16:30 - 17:15 **Virtual Body Pump™**
 17:15 - 18:00 **Dance Aerobics**
 18:00 - 18:45 **Body Pump™**
 18:45 - 19:45 **Pilates**
 19:45 - 20:45 **Pilates**

Speedflex

06:30 - 07:00 **Speedflex 30**
 17:00 - 17:30 **Speedflex 30**
 19:15 - 19:45 **Coreflex 30**

Cycling Studio

09:30 - 10:00 **Group Cycling**
 18:00 - 18:30 **B:Matched**

Pool

10:30 - 11:00 **Aqua Aerobics**

Gym

10:15 - 10:45 **B:Corefit**
 18:30 - 19:00 **B:Conditioned**

FRIDAY

Studio 1

06:30 - 07:30 **Virtual Body Pump™**
 07:30 - 08:00 **Metafit**
 08:00 - 08:30 **Virtual CX Worx™**
 09:15 - 10:00 **Body Balance™**
 10:00 - 10:45 **Body Conditioning**
 10:45 - 11:30 **Yoga**
 11:45 - 12:30 **Bootcamp**
 15:30 - 16:30 **Virtual Body Combat™**
 16:30 - 17:15 **Virtual Body Pump™**
 17:15 - 18:00 **Sh'Bam™**
 18:00 - 18:45 **Box Fit**
 19:00 - 19:45 **Virtual Body Balance™**

Speedflex

07:00 - 07:30 **Speedflex 30**
 19:15 - 19:45 **Speedflex 30**

Cycling Studio

08:00 - 08:30 **B:Matched**
 09:30 - 10:00 **Group Cycling**
 17:15 - 17:45 **Group Cycling**

Pool

12:30 - 13:00 **Aqua Aerobics**

Gym

06:30 - 07:00 **B:Strong**

SATURDAY

Studio 1

08:45 - 09:30 **Bootcamp**
 09:30 - 10:15 **Body Combat™**
 10:15 - 11:00 **Body Pump™**
 11:15 - 12:15 **Tai Chi**
 13:15 - 14:00 **Virtual Sh'Bam™**
 14:00 - 15:00 **Virtual Body Combat™**
 15:00 - 15:30 **Virtual CX Works™**
 16:00 - 17:00 **Virtual Body Balance™**

Speedflex

10:30 - 11:00 **Speedflex 30**
 17:00 - 17:30 **Coreflex 30**

Cycling Studio

09:45 - 10:15 **Group Cycling**
 17:30 - 18:00 **B:Matched**

SUNDAY

Studio 1

08:30 - 09:00 **Metafit**
 09:00 - 10:00 **Stretch and Tone**
 10:15 - 11:15 **B:Flow**
 11:15 - 12:00 **Body Balance™**
 12:30 - 13:00 **LBT**
 13:15 - 14:00 **Virtual CX Works™**
 14:00 - 15:00 **Virtual Body Combat™**
 15:00 - 16:00 **Virtual Body Pump™**
 16:00 - 16:45 **Virtual Body Balance™**

Speedflex

10:45 - 11:15 **Speedflex 30**
 16:45 - 17:15 **Coreflex 30**

Cycling Studio

10:00 - 10:30 **Group Cycling**

Gym

09:15 - 09:45 **B:strong**
 17:30 - 18:00 **B:Conditioned**



Your journey to a healthier lifestyle. Ask a member of the team for more information.

