

CLASSTIMETABLE Rotherham



MONDAY

Studio 1

06:30 - 07:30 VIRTUAL BODYCOMBAT™
 09:15 - 10:00 SH'BAM™
 10:00 - 11:00 Cardio Sculpt
 11:00 - 12:00 BODYCOMBAT™
 12:00 - 13:30 Yoga
 16:45 - 17:15 Metafit
 17:15 - 18:00 BODYCOMBAT™
 18:00 - 19:00 BODYATTACK™
 19:15 - 20:15 BODYPUMP™
 20:30 - 21:00 VIRTUAL BODYCOMBAT EXPRESS™

Studio 2

10:00 - 11:00 BODYBALANCE™
 19:00 - 20:00 BODYBALANCE™

Cycle Studio

06:30 - 07:15 RPM™
 10:15 - 10:45 Y@H Group Cycling
 18:00 - 18:45 RPM™
 19:30 - 20:00 VIRTUAL RPM EXPRESS™

Pool

11:15 - 12:15 Aqua Aerobics

Gym Floor

09:30 - 10:00 B:Corefit
 11:00 - 11:30 B: Strong

TUESDAY

Studio 1

06:30 - 07:30 BODYPUMP™
 09:00 - 10:00 Aerobic Zone
 10:00 - 11:00 BODYATTACK™
 11:00 - 12:00 BODYPUMP™
 13:30 - 14:30 Pilates
 17:00 - 17:45 VIRTUAL BODYPUMP EXPRESS™
 18:05 - 18:50 SH'BAM™
 19:00 - 20:00 BODYCOMBAT™

Studio 2

09:15 - 10:00 BODYBALANCE™
 10:15 - 11:00 Movement Flexibility and Rehabilitation
 11:30 - 12:45 Pilates
 18:15 - 19:15 Pilates
 19:15 - 20:30 Yoga

Cycle Studio

06:30 - 07:00 VIRTUAL RPM EXPRESS™
 09:15 - 10:00 RPM™
 17:15 - 17:45 VIRTUAL RPM EXPRESS™
 18:00 - 19:00 Group Cycling
 20:00 - 20:30 VIRTUAL RPM EXPRESS™

Pool

10:15 - 11:00 Aqua Aerobics
 11:15 - 12:00 Aqua aerobics

Gym Floor

06:30 - 07:00 B:Strong
 10:15 - 10:45 B:Conditioned
 17:15 - 17:45 B: Strong

WEDNESDAY

Studio 1

06:30 - 07:00 BODYATTACK EXPRESS™
 09:15 - 10:00 Kettlecise
 10:00 - 11:00 SH'BAM™
 17:15 - 18:10 BODYPUMP™
 18:15 - 19:15 BODYCOMBAT™

Studio 2

09:15 - 10:00 Pilates
 10:00 - 10:45 Pilates
 10:45 - 12:00 Yoga Relax
 19:15 - 20:00 BODYBALANCE™

Cycle Studio

06:30 - 07:15 RPM™
 09:15 - 10:00 RPM™
 12:15 - 13:00 VIRTUAL RPM™
 18:15 - 19:00 RPM™

Pool

11:00 - 12:00 Aqua Aerobics

Gym Floor

10:15 - 10:45 B:Corefit

THURSDAY

Studio 1

06:30 - 07:00 Metafit
 09:15 - 10:00 Salsa
 10:00 - 11:00 BODYCOMBAT™
 11:30 - 12:45 Yoga
 17:15 - 18:00 Kettlecise
 18:15 - 19:15 BODYPUMP™
 19:15 - 20:15 BODYATTACK™

Studio 2

10:00 - 11:15 Hatha Yoga
 18:15 - 19:15 BODYBALANCE™

Cycle Studio

06:30 - 07:15 VIRTUAL RPM™
 09:15 - 10:00 RPM™
 10:15 - 10:45 Young at Heart Group Cycling
 18:00 - 19:00 Group Cycling

Pool

10:00 - 10:45 Aqua Aerobics

Gym Floor

10:15 - 10:45 B:Conditioned
 17:15 - 17:45 B:Core

FRIDAY

Studio 1

06:30 - 07:05 BODYATTACK EXPRESS™
 07:05 - 07:35 VIRTUAL SH'BAM EXPRESS™
 09:15 - 10:15 Adrenaline Junkie
 10:15 - 11:00 SH'BAM™
 11:00 - 11:45 LBT
 18:15 - 19:00 BODYPUMP™
 19:00 - 20:00 BODYCOMBAT™

Studio 2

09:15 - 10:00 Pilates
 10:00 - 11:00 Pilates

Cycle Studio

06:30 - 07:15 Group Cycling
 17:15 - 18:00 Group Cycling

Pool

10:00 - 10:45 Aqua Aerobics
 11:00 - 11:45 Aqua Circuit

SATURDAY

Studio 1

09:15 - 10:15 BODYATTACK™
 10:15 - 11:15 BODYPUMP™

Studio 2

10:15 - 11:15 Pilates
 11:15 - 12:00 Pilates

Cycle Studio

08:15 - 08:45 VIRTUAL RPM EXPRESS™
 09:00 - 09:45 RPM™
 10:30 - 11:30 VIRTUAL RPM™
 16:15 - 16:45 VIRTUAL RPM™

Gym Floor

10:15 - 10:45 B:Conditioned

SUNDAY

Studio 1

09:30 - 10:30 BODYATTACK™
 10:30 - 11:30 BODYCOMBAT™
 18:00 - 19:00 VIRTUAL BODYPUMP™

Studio 2

18:00 - 19:30 Yoga

Cycle Studio

08:15 - 08:45 VIRTUAL RPM™
 09:00 - 10:00 Group Cycling
 17:00 - 17:45 VIRTUAL RPM™



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

