

CLASSTIMETABLE NORWICH WEST

IN PARTNERSHIP WITH **Lucozade**
SPORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio 2 06:30 - 07:15 Virtual BODYPUMP™ 09:00 - 10:00 Pilates 10:15 - 11:15 Body Sculpt 18:00 - 19:00 Step and Tone 19:00 - 19:45 LBT 20:00 - 21:00 Yoga	Studio 2 06:30 - 07:15 Virtual BODYCOMBAT™ 09:15 - 10:15 Circuits 11:00 - 12:00 Pilates 18:00 - 18:45 BODYPUMP™ 19:00 - 19:45 BODYATTACK™ 19:45 - 20:45 Pilates	Studio 2 06:30 - 07:15 Virtual Body Pump 09:15 - 10:00 BODYPUMP™ 10:05 - 11:05 Pilates 11:10 - 12:10 Yoga 18:00 - 18:45 LBT 18:45 - 19:45 BODYPUMP™	Studio 2 06:30 - 07:15 Virtual Body Combat 09:15 - 10:15 BODYPUMP™ 10:15 - 11:00 LBT 11:00 - 12:00 Pilates 12:15 - 13:15 Yoga 18:15 - 19:00 BODYCOMBAT™ 19:00 - 19:45 Body Sculpt	Studio 2 06:30 - 07:15 Virtual BODYPUMP™ 09:00 - 10:00 Step Circuits 10:15 - 11:00 Virtual Body Balance 12:00 - 13:00 Pilates 17:30 - 18:30 Yoga 18:35 - 19:35 Zumba	Studio 2 07:45 - 08:45 Virtual BODYCOMBAT™ 09:00 - 10:00 BODYPUMP™ 10:15 - 11:15 Pilates Cycle Studio 07:30 - 08:15 Virtual RPM™ 08:30 - 09:15 RPM	Studio 2 08:15 - 09:15 BODYATTACK™ 09:15 - 10:00 Sculpt HIIT 10:15 - 11:15 Yoga 11:45 - 12:45 Virtual Sh'Bam
Cycle Studio 06:30 - 07:15 Virtual RPM™ 09:15 - 10:00 Group Cycling 18:00 - 18:45 Group Cycling	Studio 3 18:00 - 18:45 Boxercise	Cycle Studio 06:30 - 07:15 Virtual RPM 09:15 - 10:00 Group Cycling 18:00 - 18:45 Group Cycling	Cycle Studio 06:30 - 07:15 Virtual RPM™ 09:30 - 10:15 Virtual RPM™ 18:00 - 18:30 B:matched	Cycle Studio 08:30 - 09:15 Virtual RPM™ 09:15 - 09:45 B:matched	Gym 09:30 - 10:00 B:Conditioned 10:15 - 10:45 B:CoreFit	Cycle Studio 08:30 - 09:00 B:matched
Gym 07:00 - 07:30 B:Strong 10:30 - 11:00 B:Conditioned 19:00 - 19:30 B:CoreFit	Cycle Studio 06:30 - 07:45 Virtual RPM™ 09:15 - 10:00 Virtual RPM™ 10:30 - 11:00 B:matched 18:00 - 18:45 RPM™	Gym 07:00 - 07:30 B:Conditioned 19:00 - 19:30 B:Strong	Gym 10:30 - 11:00 B:CoreFit 19:00 - 19:30 B:conditioned	Gym 07:00 - 07:30 B:strong 10:00 - 10:30 B:CoreFit	Gym 09:30 - 10:00 B:Strong 10:15 - 11:45 B:CoreFit	
Pool 10:00 - 11:00 Aqua Aerobics 19:15 - 20:00 Aqua Aerobics	Gym 07:00 - 07:30 B:CoreFit 19:00 - 19:00 B:Conditioned	Pool 10:00 - 11:00 Aqua Aerobics 19:15 - 20:00 Aqua Aerobics	Pool 10:00 - 11:00 Aqua Aerobics	Pool 10:00 - 11:00 Aqua Aerobics		