

GLENFIELD POOL AND LEISURE– CHRISTMAS TIMETABLE 2019/2020

Normal timetable resumes on the 6th Jan 2020

STUDIO 1	Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th	STUDIO 1	Saturday 28 th	Sunday 29 th
	5.30am-10pm	5.30am-2pm	CLOSED	7am-7pm	7am-7pm	7am – 7pm	7am – 7pm	7am – 7pm
5.30am	GRIT STRENGTH					7.25am	BODYSTEP 30	
6.00am	BODYPUMP 45	GRIT CARDIO				8.00am	BODYPUMP	
6.30am		CXWORX				9.00am	BODYCOMBAT	BODYATTACK
8.00am				BODYATTACK	GRIT CARDIO	10.00am	BODYATTACK	BODYPUMP
8.30am					CXWORX	11.00am	BODYBALANCE	BODYBALANCE
9.00am				BODYPUMP	BODYPUMP	4.00pm	GRITCARDIO	BODYPUMP
9.15am	BODYPUMP 45	BODYATTACK				4.30pm	BODYPUMP 45	BODYPUMP
10.00am	SH’BAM			BODYBALANCE	BODYCOMBAT	5.00pm		SH’BAM
10.15am		BODYBALANCE				5.15pm	BODYBALANCE	
4.00pm				BODYPUMP	BODYATTACK			
4.15pm	GRIT STRENGTH							
4.45pm	CXWORX							
5.00pm				BODYCOMBAT	BODYPUMP			
5.15pm	BODYPUMP EXP							
5.45pm	GRIT CARDIO							
6.15pm	BODYATTACK							
7.15pm	BODYPUMP							
STUDIO 2						STUDIO 2		
9.15am	YOGA	PILATES			YOGA	7.30am	YOGA (75MIN)	YOGA (1.5)
10.15am	SENIOR PILATES	SENIOR YOGA				9.00am	CXWORX	
5.30pm	BODYCOMBAT 45			SH’BAM	BODYBALANCE	9.30am	SH’BAM	
6.15pm	BODYBALANCE							
CYCLE						CYCLE		
6.00am	SPRINT	RPM				8.00am	RPM	
8.00am				RPM	SPRINT	8.30am		RPM
9.15am	RPM	SPRINT		SPRINT	RPM	9.20am	SPRINT	
5.30pm	SPRINT				SPRINT			
AQUA						AQUA		
9.30am	AQUA DEEP	AQUA SHALLOW			AQUA DEEP	9.30am		AQUA SHALLOW
7.00pm	AQUA SHALLOW							
BOXING						BOXING		
6.00pm	BOXING							

STUDIO 1	Monday 30 th	Tuesday 31 st	Wednesday 1 st Jan	Thursday 2 nd	Friday 3 rd	STUDIO 1	Saturday 4 th	Sunday 5 th
	7am-7pm	7am-2pm	11am-7pm	7am-7pm	7am-7pm		7am – 7pm	7am – 7pm
8.00am	BODYSTEP	BODYPUMP		BODYATTACK	GRIT CARDIO	7.25am	BODYATTACK	
8.30am					CXWORX	8.00am	BODYBALANCE	
9.00am	BODYPUMP 45	BODYATTACK		BODYPUMP	BODYPUMP	8.30am	GRITCARDIO	GRIT ATHLETIC
9.45am	CXWORX					9.00am	BODYPUMP 45	BODYATTACK
10.00am		BODYBALANCE		BODYBALANCE	BODYCOMBAT	10.00am		BODYPUMP
10.15am	BODYBALANCE					11.00am	BODYBALANCE	BODYBALANCE
11.15am			BODYATTACK			4.00pm	GRIT CARDIO	BODYPUMP
12.15pm			BODYPUMP			4.30pm	BODYPUMP 45	
4.00pm	BODYPUMP 30			BODYPUMP	BODYATTACK	5.00pm		SH’BAM
4.30pm	CXWORX					5.15pm	BODYBALANCE	
5.00pm	BODYCOMBAT			BODYCOMBAT	BODYPUMP			
STUDIO 2						STUDIO 2		
9.15am	YOGA	PILATES			YOGA	7.30am	YOGA (75MIN)	
						8.00am		YOGA (1.5)
						9.00am	CXWORX	
5.30pm				SH’BAM	BODYBALANCE	9.30am	SH’BAM	
CYCLE						CYCLE		
8.00am	SPRINT	RPM		RPM	SPRINT	8.00am	RPM	
						8.30am		RPM
9.15am	RPM	SPRINT		SPRINT	RPM	9.20am	SPRINT	
11.15am			RPM					
5.30pm	SPRINT				SPRINT			
AQUA						AQUA		
9.30am	AQUA DEEP	AQUA SHALLOW			AQUA DEEP	9.30am		AQUA SHALLOW
BOXING						BOXING		
6.00pm						9.30am	BOXING	