

GLENFIELD POOL AND LEISURE CENTRE

GROUP FITNESS TIMETABLE - MONDAY 23 NOVEMBER

	MON	TUES	WED	THUR	FRI		SAT	SUN	
STUDIO ONE	5.30AM	BODYPUMP30		GRIT STRENGTH			8.00AM	BODYPUMP	
	6.00AM	GRIT STRENGTH	GRIT CARDIO	BODYPUMP45	BODYPUMP45	GRIT STRENGTH	8.30AM		GRIT ATHLETIC
	6.30AM		CXWORX			CXWORX	9.00AM	BODYCOMBAT	BODYATTACK45
	9.15AM	BODYPUMP	BODYATTACK	BODYPUMP	BODYCOMBAT	BODYPUMP45	9.45AM		BODYPUMP45
	10.00AM					CXWORX	10.00AM	SH'BAM	
	10.15AM		BODYBALANCE		BODYBALANCE		10.30AM		BODYBALANCE
	4.30PM	GRIT STRENGTH		BODYPUMP45			11.00AM	BODYBALANCE	
	4.45PM		BODYATTACK30		CXWORX		4.00PM	BODYPUMP45	BODYPUMP
	5.00PM	CXWORX					5.00PM		SH'BAM
	5.15PM		BODYBALANCE	BODYCOMBAT	BODYPUMP				
	5.30PM	BODYPUMP45				BODYATTACK45			
	6.15PM	BODYATTACK	BODYPUMP	GRIT STRENGTH	BODYCOMBAT	BODYPUMP			
	6.45PM			BODYSTEP30					
	7.15PM	BODYPUMP	BODYCOMBAT	BODYBALANCE					

	MON	TUES	WED	THUR	FRI		SAT	SUN	
STUDIO TWO	9.15AM	YOGA60	PILATES	YOGA60	PILATES	YOGA60	8.00AM		YOGA60
	10.30AM	SENIOR PILATES	SENIOR YOGA		SENIOR MOVEMENT		8.30AM	BODYSTEP	
	5.30PM	BODYCOMBAT45	BODYSTEP45	SH'BAM	GRIT CARDIO		9.30AM	BODYATTACK45	
	6.15PM			CXWORX					
	6.30PM	BODYBALANCE	YOGA60						

	MON	TUES	WED	THUR	FRI		SAT	SUN
CYCLE STUDIO	6.00AM	SPRINT	RPM45	SPRINT	RPM45	SPRINT	8.00AM	RPM45
	9.15AM	RPM45	SPRINT	RPM45	SPRINT	RPM45	9.00AM	SPRINT
	5.30PM	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT		
	6.15PM		RPM45					

BOOKING FOR CYCLE, AQUA, AND BOXING IS ESSENTIAL VIA INFLUX

AQUA	8.30AM			AQUA SHALLOW				
	9.30AM	AQUA DEEP	AQUA SHALLOW	AQUA DEEP	SENIOR AQUA SHALLOW 30MIN	AQUA DEEP		

BOOKING FOR CYCLE, AQUA, AND BOXING IS ESSENTIAL VIA INFLUX

BOXING	6.00PM	BOXING		BOXING				
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