

DOWNHAM

HEALTH AND LEISURE CENTRE

GROUP FITNESS TIMETABLE

MONDAY 1 JULY

07:15	HIIT
08:00	Indoor Cycle
09:15	Body Pump
10:15	Indoor Cycle
11:15	Aqua Zumba
11:30	Body Balance
13:00	GP Referral Circuit
14:00	GP Referral Circuit
15:00	Virtual Combat
16:00	Virtual Grit Strength
17:00	Full body Strength Circuit
18:00	Indoor Cycle
19:00	Body Combat
20:00	Body Balance

TUESDAY 2 JULY

07:00	Indoor Cycle
08:00	Core and Stretch
09:15	Indoor Cycle
10:15	Zumba
11:15	Aqua
11:15	Body Balance
12:45	GP Referral Class
13:00	GP Referral Circuit
14:00	GP Referral Circuit
18:15	Indoor Cycle
19:15	Zumba
20:15	Indoor Cycle

WEDNESDAY 3 JULY

07:00	Body Pump
09:15	HIIT
10:15	Zumba Gold
11:15	Aqua
11:15	Body Balance
13:00	Virtual Grit
18:15	Body Pump
19:00	Indoor Cycle
20:00	Yoga

THURSDAY 4 JULY

07:15	LBT
08:00	Virtual Body Combat
09:00	Indoor Cycle
10:00	Zumba
11:00	Body Balance
12:00	GP Referral Class
13:00	GP Referral Circuit
14:00	GP Referral Circuit
15:00	HIIT
18:15	Indoor Cycle
19:15	Body Balance

FRIDAY 5 JULY

07:15	LBT
08:00	Virtual Body Combat
09:00	Indoor Cycle
10:00	Zumba
11:00	Body Balance
12:00	GP Referral Class
13:00	GP Referral Circuit
14:00	GP Referral Circuit
15:00	HIIT
18:15	Indoor Cycle
19:15	Body Balance

SATURDAY 6 JULY

09:30	Body Pump
10:30	Indoor Cycle
11:45	HIIT
13:00	Body Balance
14:00	Core and Stretch
15:00	LBT

SUNDAY 7 JULY

08:00	Indoor Cycle
09:15	Body Pump
10:00	Boot Camp
11:00	Virtual Body Balance
12:00	HIIT
13:00	Virtual Combat
14:00	Core and Stretch

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GROUP FITNESS TIMETABLE

MONDAY 8 JULY

07:15	HIIT
08:00	Indoor Cycle
09:15	Body Pump
10:15	Tone
11:15	Aqua
11:30	Body Balance
13:00	GP Referral Circuit
14:00	GP Referral Circuit
15:00	LBT
16:00	Grit Strength
17:00	Full body Strength Circuit
18:00	Tone
19:00	Body Combat
20:00	Body Balance

TUESDAY 9 JULY

07:00	Indoor Cycle
08:00	Core and Stretch
09:15	Indoor Cycle
10:15	Zumba
11:15	Body Balance
11:15	Aqua
12:45	GP Ref Exercise Class
13:00	GP Ref Exercise Class
14:00	GP Ref Exercise Class
18:15	Body Pump
19:15	Zumba
20:15	Meditation

WEDNESDAY 10 JULY

07:00	Body Pump
08:00	HIIT
09:15	Tone
10:15	Zumba Gold
11:15	Aqua
11:15	Body Balance
13:00	Virtual Grit Strength
18:15	Body Pump
19:15	Indoor Cycle

THURSDAY 11 JULY

07:15	LBT
08:00	Virtual Body Combat
09:00	Indoor Cycle
10:00	Zumba
11:00	Body Balance
12:00	Yoga
13:00	Pilates
14:00	Full body Strength Circuit
18:15	Tone
19:15	Body Balance

FRIDAY 12 JULY

07:00	HIIT
08:00	Virtual Grit Strength
09:30	Body Conditioning
10:30	Body Pump
10:30	Aqua
11:30	Body Balance
12:30	Pilates
13:30	LBT
14:30	Virtual Combat
15:30	Virtual Body Pump
16:00	Full body Strength Circuit
17:00	Core and Stretch
18:30	Indoor Cycle

SATURDAY 13 JULY

09:30	Body Pump
10:30	Indoor Cycle
11:45	HIIT
13:00	Body Balance
14:00	Core and Stretch
15:00	LBT

SUNDAY 14 JULY

08:00	Indoor Cycle
09:15	Body Pump
10:00	Boot Camp
11:00	Virtual Body Balance
12:00	HIIT
13:00	Virtual Combat
14:00	Core and Stretch

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MONDAY 15 JULY

09:15	Body Pump
10:15	Tone
11:15	Aqua Zumba
11:30	Body Balance
13:00	GP Referral Circuit
14:00	GP Referral Circuit
15:00	Virtual Combat
16:00	Virtual Grit Strength
18:00	Tone
19:00	Body Combat
20:00	Body Balance

TUESDAY 16 JULY

07:00	Boxercise
09:00	Step
10:00	Zumba
11:15	Aqua
11:00	Body Balance
12:45	GP Referral Class
13:00	GP Referral Circuit
14:00	GP Referral Circuit
18:15	Body Pump
19:15	Zumba
20:15	Meditation

WEDNESDAY 17 JULY

07:00	Body Pump
08:00	HIIT
09:15	Tone
10:15	Zumba Gold
11:15	Aqua
11:15	Body Balance
13:00	Virtual Grit
18:15	Body Pump
19:15	Yoga

THURSDAY 18 JULY

08:00	Virtual Body Combat
09:00	LBT
10:00	Zumba
11:00	Body Balance
12:00	Yoga
13:00	Pilates
18:15	Tone
19:45	Body Balance

FRIDAY 19 JULY

09:30	Body Conditioning
10:30	Body Pump
10:30	Aqua
11:30	Body Balance
12:30	Pilates
13:30	Virtual Grit Cardio
14:30	Virtual Combat
15:30	Virtual Body Pump
16:00	Virtual Body Balance
18:00	Body Pump
19:00	Pilates

SATURDAY 20 JULY

09:30	Body Pump
10:30	Body Combat
11:30	Zumba
13:00	Body Balance

SUNDAY 21 JULY

09:15	Body Pump
10:15	Body Balance
12:00	Virtual Combat
11:00	Virtual Body Balance