

Bank Holiday Class Timetable

Monday 6th May

7.30am - 8.15am Cycle

9.45am - 10.30am Cycle

10.00am - 12.00pm Game 4 Life

10.30am - 11.30am Legs, Bums & Tums

10.45am - 11.45am 50 RPM Virtual

11.35am - 12.35am Yoga Stretch

1.00pm - 1.30pm Barre Virtual

3.00pm - 3.45pm 50 RPM Virtual

3.15pm - 4.00pm Body Balance Virtual

5.15pm - 5.45am Core

6.00pm - 6.50pm Body Combat

6.15pm - 7.00pm Cycle

7.00pm - 7.45pm Body Pump

7.15pm - 8.00pm 50 RPM Virtual