

Group Exercise Timetable 17th May 2021 - Oriel

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:05-7:45 Spin with Fitness Team	7:05-7:45 Spin with Mark	9:15 - 10:15 LBT with Becky	7:05-7:45 Spin with Caz	9:00 - 9:30 Hiit & Core with Fitness Team	9:15 -10:00 Bootcamp with Fitness Team	9:10-9:55 Spin with Mark
10:10-11:10 Pilates with Becky	9:00 - 9:30 Total Body Workout with Connor/Mark	10:30 - 11:15 Pilates with Becky	17:40 - 18:10 TRX & Abs with Fitness Team	18:30-19:00 Spin Express with Fitness Team	10:10 -10:40 Spin Express with Fitness Team	
17:45 - 18:15 HIITSTEP with Mark/Jess	17:45 - 18:15 Spin Express with Fitness Team	17:50 - 18:20 Hiit & Core with Matt	18:15 - 18:55 Spin with Fitness Team			
18:20-18:45 Abs & Core with Fitness Team	18:20 - 19:00 Kettlebells with Fitness Team	18:30 - 19:00 Spin Express with Fitness Team	19:00 - 19:40 Bootcamp with Fitness Team			
18:30-19:30 Vinyasa Yoga Flow with Emma	19:00 - 20:00 Vinyasa Yoga Flow with David					
18:50-19:10 Spin Express with Fitness Team						