



GROUP FITNESS
TIMETABLE
2019

Glenfield Pool and Leisure Centre

STUDIO 1	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5.30am	GRIT STRENGTH		GRIT STRENGTH			7.25am	BODYSTEP EXP	
6.00am	BODYPUMP 45	GRIT CARDIO	BODYPUMP 45	GRIT CARDIO	GRIT STRENGTH	8.00am	BODYPUMP	
6.30am		CXWORX		BODYPUMP EXP	CXWORX	8.30am		GRIT PLYO
						9.00am	BODYCOMBAT	BODYATTACK
9.15am	BODYPUMP 45	BODYATTACK	BODYPUMP	BODYCOMBAT	BODYPUMP	10.00am	BODYATTACK	BODYPUMP
10.00am	BODYSTEP							
10.15am		BODYBALANCE	CXWORX	BODYBALANCE	CXWORX	11.00am	BODYBALANCE	BODYBALANCE
10.45am			SH'BAM		BODYATTACK EXP			
4.15pm	GRIT STRENGTH	CXWORX	BODYPUMP EXP			4.00pm	GRIT CARDIO	BODYPUMP
4.45pm	CXWORX	GRIT STRENGTH	CXWORX	BODYPUMP		4.30pm	BODYPUMP 45	
5.00pm					GRIT STRENGTH	5.00pm		SH'BAM
5.15pm	BODYPUMP EXP	BODYBALANCE	BODYCOMBAT			5.15pm	BODYBALANCE	
5.30pm					BODYATTACK			
5.45pm	GRIT CARDIO			CXWORX				
6.15pm	BODYATTACK	BODYPUMP	BODYATTACK	BODYCOMBAT	BODYPUMP			
7.15pm	BODYPUMP	BODYCOMBAT	BODYPUMP 45	BODYSTEP				
STUDIO 2								
9.15am	YOGA - IYENGAR	PILATES	YOGA - IYENGAR (90 Min)	PILATES	YOGA - IYENGAR (90 Min)	7.30am	YOGA - IYENGAR (75 Min)	
10.15am	SENIOR PILATES	SENIOR YOGA				8.00am		YOGA - IYENGAR
10.30am				SENIOR MOVEMENT		9.00am	CXWORX	
						9.30am	SH'BAM	
5.30pm	BODYCOMBAT	BODYSTEP	SH'BAM	BODYBALANCE				
6.15pm	BODYBALANCE	YOGA - IYENGAR (75 Min)	GRIT CARDIO	SH'BAM	YOGA - IYENGAR (75 Min)			
6.45pm			CXWORX					
7.15pm			BODYBALANCE					
CYCLE								
6.00am	SPRINT	RPM	SPRINT	RPM	SPRINT	8.00am	RPM	
9.15am	RPM	SPRINT	RPM	SPRINT	RPM	9.20am	SPRINT	
5.20pm	SPRINT	SPRINT	SPRINT	SPRINT	SPRINT			
6.00pm		RPM		RPM				
AQUA								
8.30am				AQUA SHALLOW		9.30am		AQUA SHALLOW
9.30am	AQUA DEEP	AQUA SHALLOW	AQUA DEEP	SENIOR AQUA SHALLOW	AQUA DEEP			
7.00pm	AQUA SHALLOW			AQUA DEEP				
BOXING								
6.00pm	BOXING	BOXING	BOXING	BOXING		9.30am	BOXING	

