

# Virtual Group Exercise Timetable



## Class guide

### BodyPump

A total body workout, using weights in time with the music.

### BodyCombat

A martial art inspired workout that is non-contact.

### GRIT

A 30-minute interval training class that can be tailored to all fitness levels.

**GRIT athletic** improves strength, agility, speed, and power.

**GRIT strength** focuses on increasing cardiovascular fitness and build lean muscle.

**GRIT cardio** will maximise your calorie burn whilst increasing speed and your cardiovascular fitness.

### CXWORX

A 30 min core class using a bodyweight exercises and a resistance band.

### BodyBalance

A fusion of tai chi, yoga and pilates to improve your mind and body.

### Sh'bam

A program that will allow you to dance your heart out and burn some calories at the same time. No dance experience required- just bring yourself and have fun!

## Things to consider

Booking for classes is ESSENTIAL. You will not be able to enter if you are not booked on or arrive after the start time.

Please try to limit personal belongings.

Maintain social distancing throughout. Each participant will have a designated area.

Bring your own mat if you can. However, you can purchase a reebok branded mat from the leisure reception for £15.

For certain programmes, there will be equipment set up for you prior to starting the class.

Make sure you wipe down any equipment before and after use with the sprays provided.

## Times of classes

30 minutes, 45 minutes and 60 minute classes.

Monday	
7:45-8:30am	BodyPump
8:45-9:15am	CXWORX
9:30-10am	GRIT cardio
10:15-11:15am	BodyBalance
11:30-12:15pm	BodyCombat
12:30-1pm	GRIT athletic
1:15-1:45pm	GRIT strength
2-2:45pm	BodyBalance
3-3:45pm	BodyPump
4-4:30pm	CXWORX
4:45-5:30pm	Sh'bam
5:45-6:30pm	BodyCombat
6:45-7:15pm	CXWORX
7:30-8:15pm	BodyPump
8:30-9pm	BodyBalance

Tuesday	
8:15-8:45am	CXWORX
9:15-10am	BodyCombat
10:15-10:45am	CXWORX
11-12pm	BodyBalance
12:15-1pm	Shbam
1:15-2pm	BodyPump
2:15-2:45pm	GRIT strength
3-3:30pm	GRIT cardio
3:45-4:30pm	BodyBalance
4:45-5:15pm	CXWORX
5:30-6:15pm	BodyCombat
6:30-7:15pm	Sh'bam
7:30-8:15pm	BodyBalance

Wednesday	
7:45-8:15am	GRIT strength
8:30-9am	CXWORX
9:30-10:15am	BodyPump
10:30-11:15am	BodyBalance
11:30-12:15pm	BodyCombat
12:30-1pm	GRIT cardio
1:15-1:45pm	CXWORX
2-2:30pm	GRIT strength
2:45-3:30pm	BodyBalance
3:45-4:15pm	BodyCombat
4:30-5pm	Sh'bam
5:30-6:15pm	BodyPump
6:30-7pm	CXWORX
7:15-8pm	BodyBalance

Thursday	
7:30-8am	GRIT strength
8:30-9:15am	BodyPump
9:30-10am	CXWORX
10:15-11:15am	BodyBalance
11:30-12pm	GRIT strength
12:15-1pm	Sh'bam
1:15-2pm	BodyCombat
2:15-3pm	BodyBalance
3:15-4pm	BodyPump
4:30-5pm	CXWORX
5:30-6:15pm	BodyPump
6:30-7pm	GRIT cardio
7:15-8:15pm	BodyBalance

Friday	
7:30-8:15am	BodyCombat
8:30-9am	CXWORX 30
9:15-9:45am	GRIT cardio
10-10:45am	BodyBalance
11-11:45am	BodyPump
12-12:30pm	BodyCombat
12:45-1:15pm	CXWORX
1:30-2pm	GRIT strength
2:15-3pm	Sh'bam
3:15-4pm	BodyBalance
4:15-5pm	BodyPump
5:15-5:45pm	GRIT athletic
6-6:45pm	BodyCombat
7-7:45pm	BodyBalance

Saturday	
9-9:45am	BodyCombat
10-10:30am	GRIT cardio
10:45-11:30am	Sh'bam
11:45-12:30pm	BodyBalance
12:45-1:15pm	CXWORX
1:30-2pm	GRIT strength
2:15-3pm	BodyCombat
3:15-4pm	Sh'bam
4:15-5pm	BodyBalance
5:15-5:45pm	GRIT athletic
6-6:30pm	CXWORX 30
6:45-7:30pm	BodyBalance 45

Sunday	
8:45-9:15am	Sh'bam
9:30-10:15am	BodyPump
10:30-11am	Grit cardio
11:15-11:45am	CXWORX
12-12:45pm	BodyBalance
1-1:45pm	BodyPump
2-2:30pm	GRIT strength
2:45-3:30pm	Sh'bam
3:45-4:15pm	CXWORX
4:30-5:15pm	BodyCombat
5:30-6pm	GRIT athletic
6:15-7pm	BodyBalance

Monday	
6:45am	Sprint 30
7:45am	RPM 30
8:45am	The Trip 45
9:45am	Sprint 30
10:45am	RPM 45
11:45am	The Trip 45
12:45pm	RPM 30
1:45pm	Sprint 30
2:45pm	RPM 30
3:45pm	The Trip 45
4:45pm	Sprint 30
5:45pm	RPM 45
6:45pm	The Trip 45
7:45pm	Sprint 30
8:45pm	RPM 30

Wednesday	
6.45am	Sprint 30
7:45am	Sprint 30
8:45am	RPM 45
9:45am	The Trip 45
10:45am	Sprint 30
11:45am	RPM 30
12:45pm	The Trip 45
1:45pm	Sprint 30
2:45pm	RPM 45
3:45pm	Sprint 30
4:45pm	RPM 30
5:45pm	The Trip 45
6:45pm	Sprint 30
7:45pm	RPM 45
8:45pm	Sprint 30

Friday	
6:45am	Sprint 30
7:45am	RPM 45
8:45am	The Trip 45
9:45am	RPM 30
10:45am	Sprint 30
11:45am	The Trip 45
12:45pm	Sprint 30
1:45pm	RPM 45
2:45pm	Sprint 30
3:45pm	The Trip 45
4:45pm	Sprint 30
5:45pm	RPM 45
6:45pm	Sprint 30
7:45pm	The Trip 45
8:45pm	RPM 30

Tuesday	
6:45am	Sprint 30
7:45am	The Trip 45
8:45am	RPM 45
9:45am	The Trip 45
10:45am	Sprint 30
11:45am	RPM 30
12:45am	Sprint 30
1:45pm	The Trip 45
2:45pm	Sprint 30
3:45pm	RPM 45
4:45pm	Sprint 30
5:45pm	The Trip 45
6:45pm	RPM 45
7:45pm	Sprint 30
8:45pm	Sprint 30

Thursday	
6:45am	Sprint 30
7:45pm	RPM 30
8:45am	The Trip 45
9:45am	Sprint 30
10:45am	RPM 30
11:45am	The Trip 45
12:45pm	RPM 45
1:45pm	Sprint 30
2:45pm	RPM 30
3:45pm	The Trip 45
4:45pm	RPM 45
5:45pm	Sprint 30
6:45pm	RPM 45
7:45pm	The Trip 45
8:45pm	Sprint 30

Saturday/ Sunday	
8:15am	Sprint 30
9:15am	RPM 45
10:15am	The Trip 45
11:15am	Sprint 30
12:15pm	RPM 30
1:15pm	The Trip 45
2:15pm	Sprint 30
3:15pm	RPM 30
4:15pm	The Trip 45
5:15pm	RPM 30
6:15pm	Sprint 30
7:15pm	The Trip 45
8:15pm	RPM 30



## Virtual Cycle Studio Timetable

### Class guide

#### RPM

A ride to the rhythm of powerful music.

#### Sprint

A high intensity interval training workout.

#### The Trip

A crazy ride through digitally- created worlds.

### Class times

30= 30 minutes

45= 45 minutes

### Things to consider

Booking is ESSENTIAL. You will not be able to join if you are not booked or arrive later than the start time.

Please try to limit personal belongings.

Social distance whilst in the studio.

As you enter, filter onto each row of bikes. Once one row is full start a new row of bikes. This will allow you to keep social distance and not cross over into another designated space.

Make sure you use the cleaning sprays provided to wipe down the bikes before and after use.