

Group Ex Timetable - Week 1 16-22nd Dec 24

Monday 16th Dec

Start	End	Class Name	Studio	Campus
07:00	08:00	Les Mills Body Pump	1	DRSV
07:00	07:45	Functional Circuits	Gym Floor	DRSV
08:15	09:00	Funcntinal Circuits	FTR	JBSC
08:15	08:45	Indoor Cycling	Spin	DRSV
09:00	09:15	Abs Blast	Gym Floor	DRSV
09:30	10:15	Aqua Fit	Pool	DRSV
12:15	12:45	Indoor Cycling	Spin	JBSC
12:15	12:45	Indoor Cycling	Spin	DRSV
12:30	13:30	Yoga - Hatha	Dojo	DRSV
13:00	13:15	Abs Blast	Gym Floor	DRSV
13:00	13:15	Abs Blast	FTR	JBSC
15:15	16:00	Box Fit	Studio 2	DRSV
16:00	16:45	Zumba	Studio	JBSC
16:15	17:00	Pilates	2	DRSV
16:45	17:30	Pilates	Studio	JBSC
17:00	17:45	Indoor Cycling	Spin	DRSV
17:00	17:45	Indoor Cycling	Spin	JBSC
17:00	18:00	Yoga - Vinyasa Flow	2	DRSV
17:15	17:55	SWEAT	Gym Floor	DRSV
18:00	18:45	Indoor Cycling	Spin	DRSV
18:30	19:10	SWEAT	FTR	JBSC
19:00	19:45	Les Mills Body Pump	Studio	SBSC
19:00	19:45	Les Mills Body Pump	1	DRSV
19:30	20:00	HIIT	Gym Floor	DRSV
20:00	20:45	Les Mills Body Balance	Studio	SBSC

Tuesday 17th Dec

Start	End	Class Name	Studio	Campus
07:00	08:00	Yoga-Vinyasa Flow	1	DRSV
07:00	07:30	Indoor Cycling	Spin	DRSV
07:30	08:00	Indoor Cycling	Spin	JBSC
08:00	08:15	Abs Blast	Gym Floor	DRSV
09:00	09:30	Kettlebell	Gym Floor	DRSV
10:00	10:45	Pilates	Studio	SBSC
11:00	12:00	Low Impact Circuits	Studio	SBSC
12:15	13:00	Functional Circuits	Gym Floor	DRSV
12:15	12:55	SWEAT	FTR	JBSC
12:30	13:30	Yoga - Hatha	Dojo	DRSV
12:30	13:30	Yoga - Vinyasa Flow	Studio	JBSC
15:00	16:00	LIFT	Gym Floor	DRSV
17:00	17:45	Zumba	Studio	JBSC
17:00	17:45	Indoor Cycling	Spin	DRSV
17:15	17:45	Indoor Cycling	Spin	JBSC
17:15	17:45	HIIT	Gym Floor	DRSV
17:15	18:00	Zumba	1	DRSV
17:30	18:15	HITTSTEP	Studio	SBSC
18:15	19:15	LBT	Studio	SBSC
18:15	18:45	Indoor Cycling	Spin	DRSV
18:15	19:15	Les Mills Body Pump	1	DRSV
18:30	19:15	Functional Circuits	FTR	JBSC
19:15	20:00	Functional Circuits	Gym Floor	DRSV
19:30	20:30	Yoga - Vinyasa Flow	1	DRSV
20:00	20:45	Indoor Cycling	Spin	DRSV

Wednesday 18th Dec

Start	End	Class Name	Studio	Campus
07:00	08:00	Les Mills Body Pump	1	DRSV
07:00	07:45	Functional Circuits	Gym Floor	DRSV
07:30	08:10	SWEAT	FTR	JBSC
08:15	08:45	Indoor Cycling	Spin	DRSV
09:00	09:15	Abs Blast	Gym Floor	DRSV
09:30	10:15	Aqua Fit	Pool	DRSV
12:15	13:00	Yoga - Vinyasa Flow	Dojo	DRSV
12:15	12:45	Indoor Cycling	Spin	JBSC
12:15	12:45	Indoor Cycling	Spin	DRSV
13:00	13:15	Abs Blast	FTR	JBSC
13:00	13:15	Abs Blast	Gym Floor	DRSV
15:00	15:45	Zumba	Studio	JBSC
15:30	16:15	Pilates	1	DRSV
16:00	16:45	Pilates	Studio	JBSC
16:00	16:30	Kettlebell	Gym Floor	DRSV
16:30	17:15	Pilates	1	DRSV
17:00	17:45	Les Mills Shapes	Studio	JBSC
17:15	17:55	SWEAT	FTR	JBSC
17:15	18:00	Functional Circuits	Gym Floor	DRSV
17:15	18:00	Les Mills Body Combat	1	DRSV
18:15	19:00	Les Mills Body Pump	1	DRSV
18:15	18:45	Indoor Cycling	Spin	JBSC
18:00	18:45	Indoor Cycling	Spin	DRSV
18:00	19:00	Body Conditioning	Studio	SBSC
19:00	19:30	Abs Blast	Studio	SBSC
19:15	20:00	Zumba	2	DRSV
19:15	19:55	SWEAT	Gym Floor	DRSV
19:30	20:00	HIIT	Studio	SBSC

Thursday 19th Dec

Start	End	Class Name	Studio	Campus
07:00	07:40	SWEAT	Gym Floor	DRSV
08:15	08:55	SWEAT	FTR	JBSC
09:00	09:30	HIIT	Gym Floor	DRSV
10:00	11:00	Yoga - Vinyasa Flow	Dojo	DRSV
12:15	13:00	Functional Circuits	FTR	JBSC
12:15	13:00	Functional Circuits	Gym Floor	DRSV
12:30	13:30	Pilates	Dojo	DRSV
13:30	13:45	Abs Blast	Gym Floor	DRSV
16:00	16:45	Zumba	Studio	JBSC
16:00	17:00	LIFT	Gym Floor	DRSV
17:00	17:45	Indoor Cycling	Spin	JBSC
17:00	17:45	Pilates	Studio	JBSC
17:00	17:45	Indoor Cycling	Studio	JBSC
17:00	18:00	Yoga - Vinyasa Flow	1	DRSV
17:15	17:45	HIIT	Gym Floor	DRSV
18:15	18:45	Indoor Cycling	Spin	DRSV
17:45	18:30	HITT STEP	Studio	SBSC
18:00	19:00	Les Mills Body Pump	Studio	JBSC
18:30	19:15	Box Fit	FTR	JBSC
18:30	19:30	LBT	Studio	SBSC
19:15	20:00	Functional Circuits	Gym Floor	DRSV
19:00	19:45	Les Mills Body Shapes	1	DRSV

Friday 20th Dec

Start	End	Class Name	Studio	Campus
07:00	08:00	Yoga-Hatha	1	DRSV
07:00	07:45	Functional Circuits	Gym Floor	DRSV
08:15	09:00	Functional Circuits	FTR	JBSC
08:15	08:45	Indoor Cycling	Spin	DRSV
09:00	09:15	Abs Blast	Gym Floor	DRSV
12:15	12:45	Indoor Cycling	Spin	JBSC
12:30	13:15	Pilates	Studio	JBSC
12:15	12:45	Indoor Cycling	Spin	DRSV
13:00	13:15	Abs Blast	FTR	JBSC
13:00	13:15	Abs Blast	Gym Floor	DRSV
15:15	16:00	Box Fit	Studio 2	DRSV
16:00	17:00	Yoga-Power Flow	Dojo	DRSV
16:15	16:55	SWEAT	FTR	JBSC
17:15	17:55	SWEAT	Gym Floor	DRSV
17:15	18:00	Indoor Cycling	Spin	JBSC
18:00	18:45	Indoor Cycling	Spin	DRSV
18:00	19:00	Les Mills Body Pump	Studio	JBSC
18:15	19:15	Les Mills Body Pump	1	DRSV
18:30	19:15	Functional Circuits	FTR	JBSC
19:15	20:00	Functional Circuits	Gym Floor	DRSV

Saturday 21st Dec

Start	End	Class Name	Studio	Campus
09:00	09:45	Indoor Cycling	Spin	DRSV
10:15	10:55	SWEAT	Gym Floor	DRSV
12:15	12:45	Indoor Cycling	Spin	DRSV
13:00	13:15	Abs Blast	Gym Floor	DRSV

Sunday 22nd Dec

Start	End	Class Name	Studio	Campus
09:00	09:45	Indoor Cycling	Spin	DRSV
10:00	10:45	Zumba	1	DRSV
10:15	11:00	Functional Circuits	Gym Floor	DRSV
10:30	11:30	LBT	Studio	SBSC
11:00	11:45	Pilates	1	DRSV
12:00	12:55	SWEAT	Gym Floor	DRSV
13:00	13:15	Abs Blast	Gym Floor	DRSV