

Group Ex Timetable - Christmas week 3 30th-5th Jan 25

Monday 30th Dec

Start	End	Class Name	Studio	Campus
12:15	12:55	SWEAT	Gym Floor	DRSV
17:15	17:45	Indoor Cycling	Spin	DRSV
18:00	18:15	Abs Blast	Gym Floor	DRSV

Tuesday 31st Dec

Start	End	Class Name	Studio	Campus
08:15	08:45	Indoor Cycling	Spin	DRSV
09:00	09:15	Abs Blast	Gym Floor	DRSV
12:15	13:00	Functional Circuits	Gym Floor	DRSV

Wednesday 1st Jan

Start	End	Class Name	Studio	Campus
No classes this day				

Thursday 2nd Jan

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
12:15	13:00	Functional Circuits	FTR	JBSC
12:15	13:00	Functional Circuits	Gym Floor	DRSV
13:30	13:45	Abs Blast	Gym Floor	DRSV
16:00	17:00	LIFT	Gym Floor	DRSV
17:00	17:45	Indoor Cycling	Spin	JBSC
17:15	17:45	HIIT	Gym Floor	DRSV
18:15	18:45	Indoor Cycling	Spin	DRSV
18:30	19:15	Box Fit	FTR	JBSC
19:15	20:00	Functional Circuits	Gym Floor	DRSV

Friday 3rd Jan

Start	End	Class Name	Studio	Campus
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
12:15	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
17:15	17:55	SWEAT	Gym Floor	DRSV
17:15	18:00	Indoor Cycling	Spin	JBSC
18:00	18:45	Indoor Cycling	Spin	DRSV
18:30	19:15	Functional Circuits	FTR	JBSC
19:15	20:00	Functional Circuits	Gym Floor	DRSV

Saturday 4th Jan

Start	End	Class Name	Studio	Campus
09:00	09:45	Indoor Cycling	Spin	DRSV
09:15	09:55	SWEAT	Gym Floor	DRSV
10:00	10:15	Abs Blast	Gym Floor	DRSV
10:15	11:15	LIFT	FTR	JBSC
12:15	13:00	Functional Circuits	Gym Floor	DRSV
15:15	15:55	SWEAT	FTR	JBSC
16:30	17:00	Indoor Cycling	Spin	DRSV
16:45	17:30	Indoor Cycling	Spin	JBSC
17:00	17:15	Abs Blast	Gym Floor	DRSV
17:45	18:30	Functional Circuits	Gym Floor	DRSV

Sunday 5th Jan

Start	End	Class Name	Studio	Campus
09:00	09:45	Indoor Cycling	Spin	DRSV
09:00	09:45	Functional Circuits	Gym Floor	DRSV
10:00	10:15	Abs Blast	Gym Floor	DRSV
10:15	11:00	Functional Circuits	FTR	JBSC
12:00	12:55	SWEAT	Gym Floor	DRSV
13:30	14:10	SWEAT	FTR	JBSC
15:30	16:30	LIFT	Gym Floor	DRSV
16:45	17:30	Indoor Cycling	Spin	JBSC
17:15	18:00	Functional Circuits	Gym Floor	DRSV
18:45	19:15	HIIT	Gym Floor	DRSV