

Early Bird

Morning

Afternoon

Evening

**MONDAY**

06.15-07.00	Kettle Camp	BMW	GI	<b>(600 Cal)</b>
08.45-09.15	FAB	Mini	Julie	
09.15-10.00	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
09.30-10.00	Quick HIIT Cardio	Gym	GI	
09.30-10.30	Total Tone	BMW	Julie	<b>(560 Cal)</b>
09.30-10.30	Low & Tone	Mini	Kym	<b>(450 Cal)</b>
09.30-10.30	Simply Circuits	Wellness	Phil	
09.30-10.00	Boot Camp	X-Fit	Sally	
10.00-11.00	Strength Club	X-Fit	Lewis	
10.00-10.30	Core Conditioning	Gym	GI	
10.00-10.45	Aqua Fit	Pool	Suzie	<b>(250 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	
10.30-11.30	HIIT Aerobics	BMW	Debbie	<b>(675 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	BALANCE	Wellness	Julie	<b>(390 Cal)</b>
11.30-12.30	Beginners Pilates	BMW	Julie	
11.30-12.30	Yoga	Mini	Tony	

**TUESDAY**

06.15-07.00	Group Met Con	BMW	GI	
06.30-07.30	BALANCE	Mini	Julie	<b>(390 Cal)</b>
07.30-08.30	Total Tone	BMW	Julie	<b>(560 Cal)</b>
09.30-10.30	Simply Spin	Spin	Phil	
09.30-10.30	Simply Pilates	Wellness	Julie	
09.30-10.30	Circuits	BMW	GI	
09.30-10.30	Kettle Camp		GI	
09.30-10.30	Adv Pilates	Mini	Kym	
10.00-11.00	Ducklings	Pool	Suzie	
10.30-11.30	Step	BMW	Debbie	<b>(620 Cal)</b>
10.30-11.15	Spinning	Spin	Anne	<b>(500 Cal)</b>
10.30-11.30	Zumba	Mini	Kym	<b>(400 Cal)</b>



Helping to Change People's Lives Since 1997

12.00-13.00	Knee Rehab	Wellness	GI	
13.30-14.30	Gentle Pilates	BMW	Julie	
13.30-14.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
14.00-15.00	Breathe Easy	Gym	GI	
17.30-18.30	BALANCE	Wellness	Denise	<b>(390 Cal)</b>
18.00-19.00	Fight Club	BMW	Debbie	<b>(737 Cal)</b>
18.00-18.45	Met Con	Gym	Simon/Lewis	
18.45-19.30	Spinning	Spin	Anne	<b>(500 Cal)</b>
19.00-20.00	Step	BMW	Debbie	<b>(620 Cal)</b>
19.15-20.15	Gym Drop In	Gym	Lewis	
20.00-21.00	Yoga Stretch	BMW	Sue	

**WEDNESDAY**

06.30-07.15	Spinning	Spin	Sally W	<b>(500 Cal)</b>
08.45-09.15	FAB	Mini	Julie	
09.30-10.15	Insanity	X-Fit	GI	
09.30-10.30	Simply Active	Wellness	Phil	
09.30-10.00	Quick HIIT Cardio	Gym	GI	<b>(560 Cal)</b>
09.30-10.30	Total Tone	BMW	Jen	<b>(560 Cal)</b>
09.30-10.30	Dance Fit	Mini	Anne	<b>(450 Cal)</b>
09.30-10.15	Aqua Fit	Pool	Debbie	<b>(250 Cal)</b>
10.00-10.30	Core on the ball	Gym	GI	
10.30-11.00	Meta Fit	Mini	Jen	<b>(390 Cal)</b>
10.30-11.15	Spinning	Spin	Sally W	<b>(500 Cal)</b>
10.30-11.30	Pilates	BMW	Julie	
11.30-12.30	Yoga	BMW	Tony	

13.00-14.00	Neuro Rehab	Wellness	GI	
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17.45-18.30	PUMP CARDIO	BMW	Adam	<b>(560 Cal)</b>
18.00-18.45	Spinning	Spin	Sally N	<b>(500 Cal)</b>
18.30-19.00	Insanity	BMW	Adam B	
18.30-19.30	Zumba	Mini	Helen	
19.30-20.30	Pilates	Wellness	Denise	
19.30-20.00	Met Con	Gym	GI	

myvww health club

CLASS TIMETABLE 2018 - Effective from 9th July 2018

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Early Bird

06.15-07.00 Quick HIIT Cardio/Abs BMW GI **(500 Cal)**

06.30-07.15 Spinning Spin Sally N **(500 Cal)**  
 06.30-07.30 BALANCE BMW Julie **(390 Cal)**

Morning

09.30-10.30 Circuits BMW GI  
 09.30-10.30 Pilates Mini Kym  
 10.30-11.15 Spinning Spin Sally N **(500 Cal)**  
 10.30-11.30 Fight Club Mini Debbie  
 10.30-11.30 Zumba BMW Kym **(400 Cal)**  
 11.00-12.00 Ducklings Pool Suzie

08.45-09.15 FAB Mini Julie  
 09.30-10.15 Aqua Fit Pool Debbie **(250 Cal)**  
 09.30-10.15 Boot Camp X-Fit Simon  
 09.30-10.00 Quick HIIT Cardio Gym GI  
 09.30-10.30 Total Tone BMW Julie **(560 Cal)**  
 09.30-10.30 Zumba Mini Laura **(400 Cal)**  
 09.30-10.30 Falls Prevention Wellness Kathryn  
 10.00-10.30 Core on the Ball Gym GI  
 10.30-11.15 Spinning Spin Sally N  
 10.30-11.30 Low & Tone Mini Kym **(450 Cal)**  
 10.30-11.30 Pilates BMW Julie  
 10.45-12.15 Yoga Wellness Tony

08.30-09.30 WARRIOR Fit BMW GI  
 09.30-10.30 Step BMW Debbie **(620 Cal)**  
 09.30-10.30 Zumba Mini Helen **(400 Cal)**  
 09.30-10.15 Group Cycling Spin Ruth **(500 Cal)**  
 10.30-11.30 Total Tone BMW Debbie **(560 Cal)**

09.30-10.15 Group Met Con Gym GI  
 10.00-11.00 BALANCE BMW Denise **(390 Cal)**

Afternoon

13.30-14.30 Gentle Yoga BMW Sue  
 13.30-14.15 Aqua Fit Pool Debbie **(250 Cal)**

13.30-14.30 HIIT Aerobics BMW Debbie **(675 Cal)**

Evening

18.00-18.45 Warrior Fit BMW GI  
 18.00-18.45 Spinning Spin Adam **(500 Cal)**  
 19.00-19.45 Hydro Fit Pool Suzie **(500 Cal)**  
 19.00-20.00 Strength Club X-Fit Lewis  
 19.00-20.00 Step BMW Debbie  
 19.00-20.00 BALANCE Mini Pam **(390 Cal)**

17.30-18.15 Group Cycling Spin Ruth **(500 Cal)**  
 18.00-18.30 Quick HIIT Cardio Gym GI

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**(Calorie Counter)**

\*Please note  
 Average Calories only. Can vary dependent on intensity etc.