

Class Timetable

HAVANT

Monday				
Time	Duration	Class	Benefits	Studio
06:45	45	The Trip		Cycle Studio
08:00	30	Les Mills Sprint		Cycle Studio
09:15	60	Body Pump		Studio 1
09:15	60	Pilates		Studio 2
09:30	45	RPM		Cycle Studio
10:15	75	Yoga Flow		Studio 2
12:15	30	Les Mills Sprint		Cycle Studio
13:00	30	RPM		Cycle Studio
17:00	45	The Trip		Cycle Studio
17:45	45	Body Attack		Studio 1
17:45	60	Pilates		Studio 2
18:00	45	RPM		Cycle Studio
18:40	60	Body Pump		Studio 1
18:50	60	My Kind of Yoga		Studio 2
19:15	40	Les Mills Sprint		Cycle Studio
19:45	45	Body Combat		Studio 1

Tuesday				
Time	Duration	Class	Benefits	Studio
06:45	45	RPM		Cycle Studio
08:00	30	Les Mills Sprint		Cycle Studio
8:00	45	Body Conditioning		Studio 1
09:00	60	Pilates		Studio 2
09:00	60	Body Combat		Studio 1
09:30	45	Waterworks		Pool
09:30	45	RPM		Cycle Studio
10:10	45	Dance Cardio		Studio 1
12:15	30	Les Mills Sprint		Cycle Studio
13:00	30	RPM		Cycle Studio
17:00	45	The Trip		Cycle Studio
17:45	45	Zumba		Studio 1
18:00	45	Cycle		Cycle Studio
18:40	60	Boxercise		Studio 1
19:00	60	Pilates		Studio 2
19:45	30	Les Mills Sprint		Cycle Studio

Wednesday				
Time	Duration	Class	Benefits	Studio
06:45	45	Cycle		Cycle Studio
08:00	30	Les Mills Sprint		Cycle Studio
09:15	60	Body Pump		Studio 1
09:30	60	Body Balance		Studio 2
09:30	40	The Trip		Cycle Studio
10:30	60	Pilates		Studio 2
11:30	45	Over 50's		Studio 1
12:15	30	Les Mills Sprint		Cycle Studio
13:00	30	RPM		Cycle Studio
17:00	45	The Trip		Cycle Studio
18:00	60	Pilates		Studio 2
18:00	60	Body Combat		Studio 1
18:30	45	RPM		Cycle Studio
19:00	60	Body Balance		Studio 2
19:05	45	Body Pump		Studio 1
19:45	30	Les Mills Sprint		Cycle Studio


Thursday				
Time	Duration	Class	Benefits	Studio
07:00	30	Virtual RPM		Cycle Studio
08:00	30	Les Mills Sprint		Cycle Studio
08:00	45	Body Balance		Studio 2
09:00	60	Pilates		Studio 2
09:30	45	Body Combat		Studio 1
09:30	45	RPM		Cycle Studio
10:20	60	Body Pump		Studio 1
10:15	60	Yoga Flow		Studio 2
12:15	45	The Trip		Cycle Studio
13:15	30	Virtual RPM		Cycle Studio
17:00	45	RPM		Cycle Studio
18:00	45	Body Balance		Studio 2
18:00	60	Body Pump		Studio 1
18:30	45	Cycle		Cycle Studio
18:45	60	Hatha Yoga		Studio 2
19:45	30	Les Mills Sprint		Cycle Studio
19:45	20	Pilates		Studio 2

Friday				
Time	Duration	Class	Benefits	Studio
06:45	30	Les Mills Sprint		Cycle Studio
8:00	30	Virtual RPM		Cycle Studio
9:30	60	Body Combat		Studio 1
9:30	45	Aqua		Pool
9:30	45	RPM		Cycle Studio
9:45	60	Body Balance		Studio 2
10:45	60	Yoga Flow		Studio 2
11:00	45	Dance Cardio		Studio 1
12:15	30	Les Mills Sprint		Cycle Studio
13:00	30	Virtual RPM		Cycle Studio
17:00	45	The Trip		Cycle Studio
18:00	60	Body Balance		Studio 2
18:30	45	Body Pump		Studio 1
18:15	30	RPM		Cycle Studio


Saturday				
Time	Duration	Class	Benefits	Studio
08:15	30	Les Mills Sprint		Cycle Studio
08:30	75	Fitness Yoga		Studio 2
09:00	60	RPM		Cycle Studio
09:30	60	Body Combat		Studio 1
09:50	60	Body Balance		Studio 2
10:40	60	Body Pump		Studio 1
16:30	45	Zumba		Studio 1

Sunday				
Time	Duration	Class	Benefits	Studio
08:00	30	Les Mills Sprint		Cycle Studio
09:00	45	Cycle		Cycle Studio
09:00	60	LBT		Studio 1
10:15	45	RPM		Cycle Studio
17:00	45	The Trip		Cycle Studio


Benefits



This class will help improve your cardio fitness



This class will help you build strength



This class will help improve your flexibility