

Early Bird

Morning

Afternoon

Evening

MONDAY

| | | | | |
|-------------|-------------------|----------|--------|------------------|
| 06.15-07.00 | Kettle Camp | BMW | GI | (600 Cal) |
| 08.45-09.15 | FAB | Mini | Julie | |
| 09.15-10.00 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 09.30-10.00 | Quick HIIT Cardio | Gym | GI | |
| 09.30-10.30 | BODYPUMP | BMW | Julie | (560 Cal) |
| 09.30-10.30 | BODYVIVE | Mini | Kym | (450 Cal) |
| 09.30-10.30 | Simply Circuits | Wellness | Phil | |
| 09.30-10.00 | Boot Camp | X-Fit | Sally | |
| 10.00-10.30 | Group MetCon | X-Fit | Simon | |
| 10.00-10.30 | Core Conditioning | Gym | GI | |
| 10.00-10.45 | Aqua Fit | Pool | Suzie | (250 Cal) |
| 10.30-11.30 | Zumba | Mini | Kym | |
| 10.30-11.30 | BODY Attack | BMW | Debbie | (675 Cal) |
| 10.30-11.15 | Spinning | Spin | Anne | (500 Cal) |
| 10.30-11.30 | Simply Gym | Gym | Phil | |
| 10.30-11.30 | BODYBALANCE | Wellness | Julie | (390 Cal) |
| 11.30-12.30 | Beginners Pilates | BMW | Julie | |
| 11.30-12.30 | Yoga | Mini | Tony | |

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|-------------|-------------------|----------|---------|------------------|
| 13.00-14.00 | Chair Based Class | Wellness | Kathryn | |
| 13.30-14.30 | BODYCOMBAT | BMW | Debbie | (737 Cal) |
| 17.45-18.30 | Spinning | Spin | Sally W | (500 Cal) |
| 17.45-18.30 | Warrior Fit | BMW | Simon | (500 Cal) |
| 18.00-18.30 | METAFIT | Mini | Jen | |
| 18.30-19.30 | Strength Club | X-Fit | Dion | |
| 18.30-19.30 | BODYPUMP | BMW | Jen | (560 Cal) |
| 18.30-19.30 | BODYBALANCE | Mini | Pam | (390 Cal) |
| 18.45-19.30 | Spinning | Spin | Sally N | (500 Cal) |
| 19.30-20.00 | Core on the Ball | Wellness | Pam | |
| 19.30-20.30 | Body Attack | BMW | Debbie | (675 Cal) |
| 19.30-20.15 | Hydro Boot Camp | Pool | Suzie | (600 Cal) |

TUESDAY

| | | | | |
|-------------|----------------|----------|--------|------------------|
| 06.15-07.00 | Group Met Con | BMW | GI | |
| 06.30-07.30 | BODYBALANCE | Mini | Julie | (390 Cal) |
| 07.30-08.30 | BODYPUMP | BMW | Julie | (560 Cal) |
| 09.30-10.30 | Simply Spin | Spin | Phil | |
| 09.30-10.30 | Kettlercise | BMW | GI | (600 Cal) |
| 09.30-10.30 | Simply Pilates | Wellness | Julie | |
| 09.30-10.30 | Circuits | X-Fit | GI | |
| 09.30-10.30 | Adv Pilates | Mini | Kym | |
| 10.00-11.00 | Ducklings | Pool | Suzie | |
| 10.30-11.30 | Body Step | BMW | Debbie | (620 Cal) |
| 10.30-11.15 | Spinning | Spin | Anne | (500 Cal) |
| 10.30-11.30 | Zumba | Mini | Kym | (400 Cal) |



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|-------------|--------------|----------|--------|------------------|
| 13.30-14.30 | Back Care* | Wellness | Julie | |
| 13.30-14.30 | Gentle Yoga | BMW | Jean | |
| 13.30-14.15 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 14.00-15.00 | Breathe Easy | Gym | GI | |

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|-------------|--------------|----------|--------|------------------|
| 17.30-18.30 | BODYBALANCE | Wellness | Denise | (390 Cal) |
| 18.00-19.00 | BODYCOMBAT | BMW | Debbie | (737 Cal) |
| 18.00-18.30 | Met Con | Cossfit | Simon | |
| 18.00-18.45 | Kettle Camp | Mini | Lewis | |
| 18.30-19.15 | Spinning | Spin | Anne | (500 Cal) |
| 19.15-19.45 | Calisthenics | Gym | Lewis | |
| 19.00-20.00 | Body Step | BMW | Debbie | (620 Cal) |
| 20.00-21.00 | Yoga Stretch | BMW | Sue | |

WEDNESDAY

| | | | | |
|-------------|-------------------|----------|---------|------------------|
| 06.30-07.15 | Spinning | Spin | Sally W | (500 Cal) |
| 08.45-09.15 | FAB | Mini | Julie | |
| 09.30-10.30 | Simply Active | Wellness | Phil | |
| 09.30-10.00 | Quick HIIT Cardio | Gym | GI | (560 Cal) |
| 09.30-10.15 | Lower Body Blitz | X-Fit | GI | |
| 09.30-10.30 | BODYPUMP | BMW | Jen | (560 Cal) |
| 09.30-10.30 | BODYVIVE | Mini | Julie | (450 Cal) |
| 09.30-10.15 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 10.00-10.30 | Core on the ball | Gym | GI | |
| 10.30-11.00 | GRIT Series | Mini | Jen | (390 Cal) |
| 10.30-11.15 | Spinning | Spin | Sally W | (500 Cal) |
| 10.30-11.30 | Pilates | BMW | Julie | |
| 11.30-12.30 | Yoga | BMW | Tony | |

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|-------------|-----------------------|----------|---------|------------------|
| 17.45-18.45 | BODYPUMP | BMW | Julie | (560 Cal) |
| 17.45-18.30 | Spinning | Spin | Sally N | |
| 18.00-18.45 | Quick HIIT cardio/abs | Mini | GI | |
| 18.45-19.45 | BODYVIVE | Mini | Julie | (450 Cal) |
| 19.30-20.30 | Pilates | Wellness | Denise | |
| 19.30-20.00 | Met Con | Gym | GI | |

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 | BODYBALANCE | BMW | Julie | (390 Cal) |

Morning

| | | | | | | | | | |
|-------------|--------------|-------|---------|------------------|-------------|-------------------|----------|---------|------------------|
| 09.30-10.30 | Kettlercise | BMW | Sally N | (600 Cal) | 08.45-09.15 | FAB | Mini | Julie | |
| 09.30-10.30 | Pilates | Mini | Kym | | 09.30-10.15 | Aqua Fit | Pool | Debbie | (250 Cal) |
| 09.30-10.15 | Group MetCon | X Fit | GI | | 09.30-10.15 | Group MetCon | X-Fit | Simon | |
| 10.30-11.15 | Spinning | Spin | Sally N | (500 Cal) | 09.30-10.00 | Quick HIIT Cardio | Gym | GI | |
| 10.30-11.30 | Body Combat | Mini | Debbie | | 10.00-10.30 | Core on the Ball | Gym | GI | |
| 10.30-11.30 | Zumba | BMW | Kym | (400 Cal) | 09.30-10.30 | BODYPUMP | BMW | Julie | (560 Cal) |
| 11.00-12.00 | Ducklings | Pool | Suzie | | 09.30-10.30 | Zumba | Mini | Laura | (400 Cal) |
| | | | | | 09.30-10.30 | Simply Circuits | Wellness | Phil | |
| | | | | | 10.30-11.15 | Spinning | Spin | Sally N | |
| | | | | | 10.30-11.30 | Simply Gym | Gym | Phil | |
| | | | | | 10.30-11.30 | BODYVIVE | Mini | Kym | (450 Cal) |
| | | | | | 10.30-11.30 | Pilates | BMW | Julie | |
| | | | | | 10.30-11.30 | Circuits | Gym | Kathryn | |
| | | | | | 10.45-12.15 | Yoga | Wellness | Tony | |

Afternoon

| | | | | | | | | | |
|-------------|-------------|------|--------|------------------|-------------|------------|-----|--------|------------------|
| 13.30-14.30 | Gentle Yoga | BMW | Sue | | 13.30-14.30 | BODYATTACK | BMW | Debbie | (675 Cal) |
| 13.30-14.15 | Aqua Fit | Pool | Debbie | (250 Cal) | | | | | |

Evening

| | | | | | | | | | |
|-------------|------------------|-------|--------|------------------|-------------|-------------|------|---------|------------------|
| 18.00-18.45 | Kettle Camp | BMW | Dion | | 17.30-18.15 | Spinning | Spin | Sally W | (500 Cal) |
| 18.00-18.45 | Spinning | Spin | Adam | (500 Cal) | 17.45-18.30 | Warrior Fit | BMW | GI | |
| 18.45-19.15 | Group Met Con | Gym | Lewis | (400 Cal) | | | | | |
| 19.15-19.45 | Core on the Ball | Gym | GI | | | | | | |
| 19.00-19.45 | Hydro Fit | Pool | Suzie | (500 Cal) | | | | | |
| 19.00-20.00 | Strength Club | X-Fit | Dion | | | | | | |
| 19.00-20.00 | Body Step | BMW | Debbie | | | | | | |
| 19.00-20.00 | BODYBALANCE | Mini | Pam | (390 Cal) | | | | | |

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(Calorie Counter)

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

