

Bracknell Activity Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
12:15	Circuits	07:30	Spin	12:15	HIIT	12:10	Yoga	07:30	Boxercise
12:45		08:00		12:45		13:00		08:00	
17:10	HIIT	12:15	Barbell Conditioning	17:15	Yoga	13:10	Express Abs	12:15	Spin
17:40		12:45		18:05		13:40		12:45	
						17:10	Barbell Conditioning		
						17:40			

Key

Aerobic	Functional	Mind & Body	Spin	Strength
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Glasgow Activity Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
12:00	Circuits	12:00	Strength Class	12:00	LBT Step	12:00	Spin	12:00	Fat Burn Extreme
12:40		12:40		12:40		12:40			
12:45	Strength Class	12:45	Core & Cardio	12:45	Circuits	12:45	Metafit	12:45	Spin
13:15		13:15		13:15		13:15			
				17:15	Yoga				
				18:00					

Key

Aerobic	Functional	Mind & Body	Spin	Strength
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Manchester Activity Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
12:00 12:45	Box-Fit	07:45 08:30	Circuits	07:45 08:15	HIIT	12:00 12:45	Body Attack	07:45 08:30	Spin
13:00 13:45	Kettlebells	12:00 12:45	Yoga	12:00 12:45	Gym Based Strength	13:00 13:45	Core Circuits	12:00 12:45	Gym Based Strength
17:15 18:00	Spin	13:00 13:45	Spin	13:00 13:30	Box-Fit	17:15 18:00	X-Fit	13:00 13:45	Core & Mobility

Key

Aerobic	Functional	Mind & Body	Spin	Strength
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Newbury Activity Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	
07:15 08:00	Spin 45	07:00 07:55	Body Pump	07:00 08:00	Yoga	07:15 08:00	Body Balance	07:30 08:00	Spin 30
11:20 11:50	Kettlebells	11:15 11:45	Complete Strength	07:30 08:00	TRX	12:00 12:45	Box-Fit	11:00 11:55	Body Balance
12:00 12:55	Body Pump	11:30 12:00	CXWORX	11:30 12:00	Treadmill HIIT	12:00 12:45	Spin 45	12:00 12:55	Body Pump
12:30 13:00	Spin 30	12:00 12:45	Spin 45	11:40 12:10	Barre	12:50 13:10	Ab Attack	12:15 12:45	X-Fit
13:05 13:25	Ab Attack	12:15 13:00	Body Combat	12:15 13:00	Circuits	13:00 14:00	Pilates	12:45 13:00	Arm Blast
13:05 14:00	Body Balance	13:05 14:05	Yoga	12:30 13:00	Spin 30	17:00 17:30	Synrgy	13:00 13:30	Kettlebells
17:00 17:30	X-Fit	17:00 17:30	Spin 30	13:05 14:00	Body Balance	17:30 18:25	Body Pump	16:15 16:45	Express Circuits
17:30 18:00	TRX	17:30 18:15	Strength Circuits	17:40 18:10	GRIT			16:45 17:15	Spin 30
17:30 18:15	Tone								

Key

Aerobic	Functional	Mind & Body	Spin	Strength
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