



Towers

HEALTH & RACQUETS CLUB

GROUP EXERCISE TIMETABLE

Friday 19th April

09.00-10.00	Pilates
09.30-10.00	GRIT Strength
10.00-10.30	Gym Floor Workout
10.00-10.45	Group Cycle
10.15-11.00	Body Attack
11.00-12.00	Body Pump
11.00-12.00	Pilates
13.30-18.00	Parent & Junior Gym
17.30-18.00	Gym Floor Workout

Saturday 20th April

07.45-08.30	Body Pump
08.00-09.00	Group Cycle
08.30-09.00	CXWorx
09.30-10.00	Gym Floor Workout
10.00-11.00	Yoga
10.15-11.15	Body Pump
11.15-12.15	Yoga
11.20-11.50	Grit Athletic
12.00-13.00	Family Circuits
14.00-14.30	Gym Floor Workout
14.00-18.00	Parent & Junior Gym
14.00-15.00	Yoga

Sunday 21st April

08.15-09.00	Group Cycle
08.30-09.00	GRIT Strength
09.00-09.30	Gym Floor Workout
09.05-09.50	Body Pump
09.55-10.55	Body Attack
10.15-11.15	Yoga
10.55-11.40	Zumba
11.45-12.45	Pilates
14.00-18.00	Parent & Junior Gym
14.00-14.30	Gym Floor Workout

Monday 22nd April

09.00-09.30	Gym Floor Workout
09.15-10.00	Group Cycle
09.30-10.30	Body Pump
09.35 - 10.05	Gym Floor Workout
09.30-10.30	Pilates
10.30-11.30	Pilates
10.30-11.15	Body Attack

Classes can be booked online in the usual way or with the Reception team.