

Blidworth Class Timetable

Monday				
07.00 - 07.30	FT	Active Synrgy 360		3
09.00 - 09.30	FT	Active HIITs		2&3
09.30 - 10.15	FT	Active Cycle		1
13.00 - 13.30	FT	Active Synrgy 360		3
15.30 - 17.30		Junior Gym		3
17.30 - 18.00	RM	Active Metafit		2
18.15 - 19.00	BW	Active Cycle		1
19.00 - 19.45	GP	Active Strength + Tone		2
19.00 - 20.00	BW	Active Yoga		1
19.45 - 20.45	GP	Active Fitsteps		2

Tuesday				
07.00 - 07.30	FT	Active Synrgy 360		3
09.00 - 09.30	FT	Active Synrgy 360		3
09.30 - 10.15	GP	Active Pump		2
10.15 - 11.00	GP	Active Balance		2
13.00 - 13.30	FT	Active Synrgy 360		3
15:30 - 17:30		Junior Gym		3
17:30 - 18:15	BW	Active Kettles		2
18:15 - 19:00	CW	Active Cycle		1
18:15 - 19:00	BW	Active Aerial Yoga		2
19:00 - 19:30	CW	Active Abs Blast		2
19:30 - 20:15	CW	Active Suspension		2

Wednesday				
07:00 - 07:30	FT	Active Synrgy 360		3
09:00 - 09:30	FT	Active Synrgy 360		3
09:30 - 10:00	FT	Active Synrgy 360		3
09:30 - 10:15	MH	Active Body Conditioning		2
13:00 - 13:30	FT	Active Synrgy 360		3
15:30 - 17:30		Junior Gym		3
17:30 - 18:15	HC	Active Club Classics		2
18:15 - 19:00	RM	Active Cycle		1
18:15 - 19:00	LS	Active Pilates		2
19:00 - 19:30	RM	Active Metafit		2
19:30 - 20:00	RM	Active Suspension		2

Thursday				
07.00 - 07.30	CW	Active Cycle		1
09.00 - 09.30	FT	Active Synrgy Core 360		3
09.30 - 10.15	MH	Active Body Conditioning		2
10.30 - 11.15	CW	Active Seated Exercise		1
11.30 - 12.30	CW	Strength & Balance		3
15.30 - 17.30		Junior Gym		3
17.30 - 18.15	BW	Active Box n Burn		2
18.15 - 19.15	BW	Active Yoga		2
19.15 - 20.00	HC	Active Fitball Fusion		2

Friday				
07.00 - 07.30	RM	Active Metafit		2
09.00 - 09.30	FT	Active HIITs		2&3
09.30 - 10.00	FT	Active Synrgy 360		3
09.30 - 10.30	GP	Active Fitsteps		2
10.30 - 11.30	GP	Active Balance		2
13.00 - 13.30	FT	Active Synrgy 360		3
15.30 - 17.30		Junior Gym		3
17.30 - 18.00	FT	Active Synrgy 360		3
18.00 - 18.45	FT	Active Circuits		2

Saturday				
09.00 - 09.45	BW	Active Kettles		2
09.45 - 10.30	BW	Active Cycle		1
10.00 - 15.00		Junior Gym		3
10.30 - 11.30	BW	Active Yoga		2

Sunday				
10.00 - 15.00		Junior Gym		3

Becky Womble	BW	Hayley Clarke	HC
Danny Brewer	DB	Kathy Smith	KS
Chris Wood	CW	Lynn Stevenson	LS
Fitness Team	FT	Michelle Harding	MH
Gail Pope	GP	Ronnie Major	RM

Fitness Studio	1
Activity Studio	2
Fitness Suite	3

Timetable Version: BLC 04/03/20