

Group Exercise Timetable

Monday 15 October 2018 — Sunday 3 February 2019
Keep up-to date with our Timetable on our website

Book your place online
hertssportsvillage.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Earlybird	GROUP CYCLE 07:00 – 07:45 <i>Studio 2</i>	CORE CYCLE 07:00 – 07:45 <i>Studio 1 & 2</i>	BODY BLITZ 07:00 – 07:55 <i>Studio 1</i>	GROUP CYCLE 07:00 – 07:45 <i>Studio 2</i>	GROUP CYCLE 07:00 – 07:45 <i>Studio 2</i>	GROUP CYCLE 08:45 – 09:30 <i>Studio 2</i>	GROUP CYCLE 08:45 – 09:30 <i>Studio 2</i>
Morning	CARDIO BLITZ 09:45 – 10:30 <i>Studio 1</i>	PILATES SENIOR 08:30 – 09:30 <i>Studio 1</i>	GROUP CYCLE 09:30 – 10:15 <i>Studio 2</i>	PILATES 09:30 – 10:30 <i>Studio 1</i>	ZUMBA 09:30 – 10:25 <i>Studio 1</i>	BODY BLITZ 09:30 – 10:30 <i>Studio 1</i>	BODY BLITZ 09:35 – 10:35 <i>Studio 1</i>
	SMASH ABS 09:45 – 10:15 <i>Gym Floor</i>	PILATES 09:30 – 10:30 <i>Studio 1</i>	ZUMBA 09:30 – 10:25 <i>Studio 1</i>	SMASH HIIT 09:30 – 10:00 <i>Gym Floor</i>	GET ACTIVE ● 09:30 – 10:30 <i>Sports Hall 2/3</i>	PILATES 10:35 – 11:35 <i>Studio 1</i>	PILATES 10:40 – 11:40 <i>Studio 1</i>
		SMASH HIIT 09:45 – 10:15 <i>Gym Floor</i>	GET ACTIVE ● 09:30 – 10:30 <i>Sports hall 3</i>	SMASH KETTLEBELLS 10:00 – 10:30 <i>Gym Floor</i>	PILATES 11:00 – 12:00 <i>Studio 1</i>	SMASH ABS 11:30 – 12:00 <i>Gym Floor</i>	SMASH HIIT 11:45 – 12:15 <i>Gym Floor</i>
	TOTAL BODY STRENGTH 10:35 – 11:35 <i>Studio 1</i>	BARRE 10:45 – 11:45 <i>Studio 1</i>	SMASH HIIT 09:45 – 10:15 <i>Gym Floor</i>	TOTAL TONE 10:35 – 11:20 <i>Studio 1</i>	SMASH ABS 10:00 – 10:30 <i>Gym Floor</i>		YOGA 11:45 – 12:45 <i>Studio 1</i>
	SMASH HIIT 11:00 – 11:30 <i>Gym Floor</i>	SMASH HIIT 11:00 – 11:30 <i>Gym Floor</i>	YOGA 10:45 – 11:45 <i>Studio 1</i>	DEEP WATER AQUACISE 10:45 – 11:30 <i>Main Pool</i>	SMASH HIIT 10:30 – 11:00 <i>Gym Floor</i>		SMASH KETTLEBELLS 12:15 – 12:45 <i>Gym Floor</i>
	SMASH LBT 11:30 – 12:00 <i>Gym Floor</i>			SMASH ABS 11:30 – 12:00 <i>Gym Floor</i>	SMASH RECOVER 11:00 – 11:30 <i>Gym Floor</i>		
Lunch	YOGA 12:15 – 13:15 <i>Studio 1</i>		SMASH ABS 12:00 – 12:30 <i>Gym Floor</i>	SMASH HIIT 12:00 – 12:30 <i>Gym Floor</i>	BARRE 12:15 – 13:15 <i>Studio 1</i>		
	AQUACISE 12:15 – 13:00 <i>Main Pool</i>	SMASH ABS 12:00 – 12:30 <i>Gym Floor</i>	SMASH HIIT 12:30 – 13:00 <i>Gym Floor</i>		AQUACISE 12:15 – 13:00 <i>Main Pool</i>		
	SMASH HIIT 13:00 – 13:30 <i>Gym Floor</i>	ZUMBA 12:30 – 13:15 <i>Studio 1</i>	SMASH RECOVER 13:00 – 13:30 <i>Gym Floor</i>		SMASH HIIT 12:30 – 13:00 <i>Gym Floor</i>		
	SMASH KETTLEBELLS 13:30 – 14:00 <i>Gym Floor</i>	SMASH HIIT 13:00 – 13:30 <i>Gym Floor</i>			SMASH LBT 13:00 – 13:30 <i>Gym Floor</i>		
Evening	TOTAL BODY STRENGTH 17:30 – 18:30 <i>Studio 1</i>	BODY BLITZ 17:45 – 18:30 <i>Studio 1</i>	SMASH ABS 17:00 – 17:30 <i>Gym Floor</i>	PILATES 17:30 – 18:30 <i>Studio 1</i>	SMASH ABS 17:00 – 17:30 <i>Gym Floor</i>		
	GROUP CYCLE 17:30 – 18:15 <i>Studio 2</i>	GROUP CYCLE 17:45 – 18:30 <i>Studio 2</i>	TOTAL TONE 17:30 – 18:30 <i>Studio 1</i>		SMASH HIIT 17:30 – 18:00 <i>Gym Floor</i>		
	SMASH ABS 17:30 – 18:00 <i>Gym Floor</i>		GROUP CYCLE 18:00 – 18:45 <i>Studio 2</i>		GROUP CYCLE 18:00 – 18:45 <i>Studio 2</i>		
	YOGA 18:30 – 19:30 <i>Studio 2</i>	TOTAL BODY STRENGTH 18:35 – 19:30 <i>Studio 1</i>	BOX FIT 18:35 – 19:30 <i>Studio 1</i>	SMASH HIIT 18:00 – 18:30 <i>Gym Floor</i>			
	ZUMBA 18:35 – 19:30 <i>Studio 1</i>	GROUP CYCLE 18:35 – 19:20 <i>Studio 2</i>	GROUP CYCLE 18:50 – 19:35 <i>Studio 2</i>	SMASH ABS 18:30 – 19:00 <i>Gym Floor</i>			
	SMASH HIIT 19:00 – 19:30 <i>Gym Floor</i>			TOTAL BODY STRENGTH 18:35 – 19:35 <i>Studio 1</i>			
		SMASH ABS 19:00 – 19:30 <i>Gym Floor</i>	SMASH HIIT 19:30 – 20:00 <i>Gym Floor</i>	GROUP CYCLE 18:45 – 19:30 <i>Studio 2</i>			
	BODY BLITZ 19:40 – 20:25 <i>Studio 1</i>	SUPER CIRCUITS 19:35 – 20:35 <i>Studio 1</i>	YOGA 19:40 – 20:40 <i>Studio 1</i>	GROUP CYCLE 19:35 – 20:20 <i>Studio 2</i>			
GROUP CYCLE 19:45 – 20:30 <i>Studio 2</i>		SMASH LBT 20:00 – 20:30 <i>Gym Floor</i>	YOGA 19:40 – 20:55 <i>Studio 1</i>				

BUILD Tones, reshapes and strengthens top to toe using a variety of equipment.

BURN Raises your heart rate, improves stamina, general fitness and gives you a high calorie burn.

RELAX Improves your body's flexibility, core stability, well being and posture.

WATER BASED Burns calories, tones and increases fitness levels without putting impact on your body.

DOUBLE COLOURS Two goals – one class. Designed to achieve two goals following the key above.

● Class Level: 60+ or GP referral