

GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLYBIRD	GROUP CYCLE 07:00 – 07:45 Studio 2	CORE CYCLE 07:00 – 07:45 Studio 1+2	BODY BLITZ 07:00 – 07:55 Studio 1	GROUP CYCLE 07:00 – 07:45 Studio 2		PILATES 08:25 – 09:25 Studio 1	PILATES 08:25 – 09:25 Studio 1
		PILATES SENIOR 08:30 – 09:30 Studio 1				GROUP CYCLE 08:45 – 09:30 Studio 2	GROUP CYCLE 08:45 – 09:30 Studio 2
MORNING	SMASH ABS 09:45 – 10:15 Gym Floor	PILATES 09:35 – 10:35 Studio 1	GROUP CYCLE 09:30 – 10:15 Studio 2	PILATES 09:30 – 10:30 Studio 1	ZUMBA 09:30 – 10:25 Studio 1	BODY BLITZ 09:30 – 10:30 Studio 1	GROUP CYCLE 09:35 – 10:20 Studio 2
	CARDIO BLITZ 09:45 – 10:30 Studio 1	SMASH HIIT 09:45 – 10:15 Gym Floor	ZUMBA 09:30 – 10:25 Studio 1	SMASH HIIT 09:30 – 10:00 Gym Floor	GET ACTIVE ● 09:30 – 10:30 Sports Hall 2/3	PILATES 10:35 – 11:35 Studio 1	BODY BLITZ 09:35 – 10:35 Studio 1
	SMASH HIIT 10:15 – 10:45 Gym Floor	BARRE 10:45 – 11:45 Studio 1	GET ACTIVE ● 09:30 – 10:30 Sports Hall 3	GROUP CYCLE 09:30 – 10:15 Studio 2	SMASH ABS 10:00 – 10:30 Gym Floor	SMASH ABS 11:30 – 12:00 Gym Floor	PILATES 10:40 – 11:40 Studio 1
	TOTAL BODY STRENGTH 10:35 – 11:35 Studio 1		SMASH HIIT 09:45 – 10:15 Gym Floor	SMASH KETTLEBELLS 10:00 – 10:30 Gym Floor	SMASH HIIT 10:30 – 11:00 Gym Floor		SMASH HIIT 11:45 – 12:15 Gym Floor
			YOGA 10:45 – 11:45 Studio 1	TOTAL TONE 10:35 – 11:20 Studio 1	PILATES 11:00 – 12:00 Studio 1		YOGA 11:45 – 12:45 Studio 1
LUNCH	YOGA 12:15 – 13:15 Studio 1		SMASH ABS 12:00 – 12:30 Gym Floor	DEEP WATER AQUACISE 10:45 – 11:30 Main Pool	BARRE 12:15 – 13:15 Studio 1		
	AQUACISE 12:15 – 13:00 Main Pool	SMASH ABS 12:00 – 12:30 Gym Floor	PILATES 12:45 – 13:15 Studio 1	SMASH ABS 12:00 – 12:30 Gym Floor	AQUACISE 12:15 – 13:00 Main Pool		
	SMASH HIIT 13:00 – 13:30 Gym Floor	METAFIT 12:30 – 13:00 Studio 1	SMASH HIIT 12:30 – 13:00 Gym Floor	METAFIT 12:30 – 13:00 Studio 1	SMASH HIIT 12:30 – 13:00 Gym Floor		
	SMASH KETTLEBELLS 13:30 – 14:00 Gym Floor	SMASH HIIT 13:00 – 13:30 Gym Floor		SMASH LBT 13:00 – 13:30 Gym Floor	SMASH LBT 13:00 – 13:30 Gym Floor		
EVENING	TOTAL BODY STRENGTH 17:15 – 18:00 Studio 1		SMASH ABS 17:00 – 17:30 Gym Floor				
	GROUP CYCLE 17:30 – 18:15 Studio 2	METAFIT 17:10 – 17:40 Studio 1	TOTAL TONE 17:30 – 18:30 Studio 1	PILATES 17:30 – 18:30 Studio 1	SMASH ABS 17:00 – 17:30 Gym Floor		
	SMASH ABS 17:30 – 18:00 Gym Floor	BODY BLITZ 17:45 – 18:30 Studio 1	GROUP CYCLE 17:30 – 18:15 Studio 2	SMASH HIIT 18:00 – 18:30 Gym Floor	GROUP CYCLE 17:15 – 18:00 Studio 2		
	YOGA 18:05 – 18:50 Studio 1	GROUP CYCLE 17:45 – 18:30 Studio 2	GROUP CYCLE 18:20 – 19:05 Studio 2	SMASH ABS 18:30 – 19:00 Gym Floor	SMASH HIIT 17:30 – 18:00 Gym Floor		
	GROUP CYCLE 18:20 – 19:05 Studio 2	TOTAL BODY STRENGTH 18:35 – 19:30 Studio 1	BOX FIT 18:35 – 19:30 Studio 1	TOTAL BODY STRENGTH 18:35 – 19:35 Studio 1	BOX FIT 17:30 – 18:30 Studio 1		
	ZUMBA 18:55 – 19:40 Studio 1	GROUP CYCLE 18:35 – 19:20 Studio 2	GROUP CYCLE 19:10 – 19:55 Studio 2	GROUP CYCLE 18:45 – 19:30 Studio 2	GROUP CYCLE 18:05 – 18:50 Studio 2		
	SMASH HIIT 19:00 – 19:30 Gym Floor	SMASH ABS 19:00 – 19:30 Gym Floor	SMASH HIIT 19:30 – 20:00 Gym Floor	GROUP CYCLE 19:35 – 20:20 Studio 2			
	BODY BLITZ 19:40 – 20:25 Studio 1	SUPER CIRCUITS 19:35 – 20:35 Studio 1	YOGA 19:40 – 20:40 Studio 1	YOGA 19:40 – 20:55 Studio 1			
	GROUP CYCLE 19:45 – 20:30 Studio 2		SMASH LBT 20:00 – 20:30 Gym Floor				

KEY

- BURN** (Orange box): Tones, reshapes and strengthens top to toe using a variety of equipment.
- BUILD** (Purple box): Raises your heart rate, improves stamina, general fitness and gives you a high calorie burn.
- RELAX** (Green box): Improves your body's flexibility, core stability, well being and posture.
- WATER BASED** (Blue box): Burns calories, tones and increases fitness levels without putting impact on your body.
- DOUBLE COLOURS** (Purple box): Two goals – one class. Designed to achieve two goals following the key above.
- (White dot): Class Level: 60+ or GP referral

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