

Group Exercise Timetable

Monday 4 February 2019 — Sunday 5 May 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 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	GROUP CYCLE 07:00 – 07:45 Studio 2	GROUP CYCLE 08:45 – 09:30 Studio 2	GROUP CYCLE 08:45 – 09:30 Studio 2
Morning	CARDIO BLITZ 09:45 – 10:30 Studio 1	PILATES SENIOR 08:30 – 09:30 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	BODY BLITZ 09:35 – 10:35 Studio 1
	SMASH ABS 09:45 – 10:15 Gym Floor	PILATES 09:30 – 10:30 Studio 1	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	PILATES 10:40 – 11:40 Studio 1
	SMASH HIIT 10:15 – 10:45 Gym Floor	SMASH HIIT 09:45 – 10:15 Gym Floor	GET ACTIVE ● 09:30 – 10:30 Sports hall 3	SMASH KETTLEBELLS 10:00 – 10:30 Gym Floor	PILATES 11:00 – 12:00 Studio 1	SMASH ABS 11:30 – 12:00 Gym Floor	SMASH HIIT 11:45 – 12:15 Gym Floor
	TOTAL BODY STRENGTH 10:35 – 11:35 Studio 1	BARRE 10:45 – 11:45 Studio 1	SMASH HIIT 09:45 – 10:15 Gym Floor	TOTAL TONE 10:35 – 11:20 Studio 1	SMASH ABS 10:00 – 10:30 Gym Floor		YOGA 11:45 – 12:45 Studio 1
			YOGA 10:45 – 11:45 Studio 1	DEEP WATER AQUACISE 10:45 – 11:30 Main Pool	SMASH HIIT 10:30 – 11:00 Gym Floor		
Lunch	YOGA 12:15 – 13:15 Studio 1		SMASH ABS 12:00 – 12:30 Gym Floor	SMASH ABS 12:00 – 12:30 Gym Floor	BARRE 12:15 – 13:15 Studio 1	BUILD	Tones, reshapes and strengthens top to toe using a variety of equipment.
	AQUACISE 12:15 – 13:00 Main Pool	SMASH ABS 12:00 – 12:30 Gym Floor	SMASH HIIT 12:30 – 13:00 Gym Floor	METAFIT 12:30 – 13:00 Studio 1	AQUACISE 12:15 – 13:00 Main Pool	BURN	Raises your heart rate, improves stamina, general fitness and gives you a high calorie burn.
	SMASH HIIT 13:00 – 13:30 Gym Floor	METAFIT 12:30 – 13:00 Studio 1		SMASH LBT 13:00 – 13:30 Gym Floor	SMASH HIIT 12:30 – 13:00 Gym Floor	RELAX	Improves your body's flexibility, core stability, well being and posture.
	SMASH KETTLEBELLS 13:30 – 14:00 Gym Floor	SMASH HIIT 13:00 – 13:30 Gym Floor			SMASH LBT 13:00 – 13:30 Gym Floor	WATER BASED	Burns calories, tones and increases fitness levels without putting impact on your body.
Evening	TOTAL BODY STRENGTH 17:30 – 18:30 Studio 1	METAFIT 17:10 – 17:40 Studio 1	SMASH ABS 17:00 – 17:30 Gym Floor	PILATES 17:30 – 18:30 Studio 1	SMASH ABS 17:00 – 17:30 Gym Floor	DOUBLE COLOURS	Two goals – one class. Designed to achieve two goals following the key above.
	GROUP CYCLE 17:30 – 18:15 Studio 2	BODY BLITZ 17:45 – 18:30 Studio 1	TOTAL TONE 17:30 – 18:30 Studio 1		SMASH HIIT 17:30 – 18:00 Gym Floor		
	SMASH ABS 17:30 – 18:00 Gym Floor	GROUP CYCLE 17:45 – 18:30 Studio 2	GROUP CYCLE 18:00 – 18:45 Studio 2		BOX FIT 17:30 – 18:30 Studio 1		
	YOGA 18:30 – 19:30 Studio 2	TOTAL BODY STRENGTH 18:35 – 19:30 Studio 1	BOX FIT 18:35 – 19:30 Studio 1	SMASH HIIT 18:00 – 18:30 Gym Floor	GROUP CYCLE 18:00 – 18:45 Studio 2		
	ZUMBA 18:35 – 19:30 Studio 1	GROUP CYCLE 18:35 – 19:20 Studio 2	GROUP CYCLE 18:50 – 19:35 Studio 2	SMASH ABS 18:30 – 19:00 Gym Floor			
	SMASH HIIT 19:00 – 19:30 Gym Floor			TOTAL BODY STRENGTH 18:35 – 19:35 Studio 1			
		SMASH ABS 19:00 – 19:30 Gym Floor	SMASH HIIT 19:30 – 20:00 Gym Floor	GROUP CYCLE 18:45 – 19:30 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	GROUP CYCLE 19:35 – 20:20 Studio 2			
GROUP CYCLE 19:45 – 20:30 Studio 2		SMASH LBT 20:00 – 20:30 Gym Floor	YOGA 19:40 – 20:55 Studio 1				

● Class Level: 60+ or GP referral