

Cup Weekend Group Fitness Classes



Saturday 30th October 2021

8.15am Aqua Workout

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.15am Virtual Body Balance
9.30am Virtual RPM	9.30am Virtual Body Pump
10.45am Virtual SPRINT	10.45am Virtual CX Worx
1.30pm Virtual RPM	
4.30pm Virtual RPM	4.00pm Virtual Body Combat
6.00pm Virtual SPRINT	5.30pm Virtual Body Pump

Sunday 31st October 2021

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.15am Virtual Body Balance
9.30am Virtual RPM	9.30am Virtual Body Combat
10.45am Virtual SPRINT	10.45am Virtual Body Pump
1.30pm Virtual RPM	
4.30pm Virtual RPM	4.00pm Virtual LM Barre
6.00pm Virtual SPRINT	5.30pm Virtual Body Balance

Monday 1st November 2021

8.15am Aqua Movers

Cycle Studio	Group Fitness Studio
8.15am Virtual SPRINT	8.15am Virtual Body Balance
9.30am Virtual RPM	9.30am Body Pump
10.45am Virtual SPRINT	10.45am Virtual CX Worx
1.30pm Virtual SPRINT	4.00pm Virtual LM Barre
4.30pm Virtual SPRINT	5.30pm Virtual CX Worx
6.00pm Virtual RPM	6.30pm Virtual Body Combat
7.30pm Virtual RPM	7.30pm Virtual Body Balance

Tuesday 2nd November 2021

8.15am Aqua Movers

Cycle Studio	Group Fitness Studio
8.15am Virtual RPM	8.15am Virtual Body Balance
9.30am Virtual SPRINT	9.30am Virtual Body Combat
10.45am Virtual RPM	10.45am Virtual Body Balance
1.30pm Virtual RPM	4.00pm Virtual Body Combat
4.30pm Virtual RPM	5.30pm Virtual LM Barre
6.00pm Virtual RPM	6.00pm Virtual Body Combat