



workout

BRISTOL

Classes can be booked 48 hours in advance and cancelled up to 90 minutes before the class via your online account. Members will be charged £2 for cancelling within the 90 minutes. MoveGB and PAYG will be charged the full session rate.

Non-members and Move GB will need to initially register online with us prior to the first class on our Website. Non-members PAYG and MoveGB under MoveGB. This will enable you to have direct access to all our classes in the future.

Classes marked with Ⓢ have a £5 charge to members payable to the instructor on the day. PAYG and MoveGB is just taken from your normal account. If you would like to do Karate, please call the instructor to book.

Spin Timetable

MONDAY

0615 - 0700	Spin Workout	Sarah D
1230 - 1315	Spin Workout	Dave
1800 - 1840	Spin Workout	Ros
1900 - 1945	Spin Workout	Paul

TUESDAY

0930 - 1015	Spin Workout	Vicky M
1800 - 1845	Spin Workout	Donna
1900 - 1940	Spin Workout	Sarah D

WEDNESDAY

0615 - 0700	Spin Workout	Charlotte
1245 - 1315	Spin Workout	Vicky C
1815 - 1900	Spin Workout	Paul
1915 - 1955	Spin Workout	Sarah D

THURSDAY

0930 - 1015	Spin Workout	Corinne
1230 - 1315	Spin Workout	Dave
1745 - 1825	Spin Workout	Alex
1830 - 1845	Beginners Spin Set up	Donna
1845 - 1915	Easy Spin Workout	Donna

FRIDAY

0630 - 0715	Spin Workout	Corinne
1210 - 1240	Spin Workout	Vicky C
1815 - 1900	Spin Workout	Sarah W

SATURDAY

0900 - 0955	Ride & Core Fused Workout	Paul
1015 - 1100	Spin Workout	Stu

SUNDAY

0915 - 1005	Ride & Core Fused Workout	Becks
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Class Timetable

MONDAY

0930 - 1015	Legs, Bums & Tums	Zoe
1230 - 1315	Hatha Yoga	Dil
1730 - 1755	Core Workout	Zoe
1800 - 1840	Body Conditioning Workout	Jack
1815 - 1900	Functional Fitness Workshop	Craig
1845 - 1915	HIIT Workout	Zoe
1930 - 2010	Aerobic Workout	Donna
2015 - 2100	PiYo Workout	Donna

TUESDAY

0615 - 0700	Kettlebell Workout	Danni
0930 - 1015	Barbell Pump & Core Workout	Vicky C
1230 - 1315	Pilates Conditioning Workout	Vicky C
1730 - 1800	HIIT Workout	Mat
1815 - 1855	Boxing Fit Workout	Mat
1900 - 1940	Step Workout	Donna
1945 - 2045	Hatha Yoga Workout	Bree

WEDNESDAY

0745 - 0830	Tai Chi £	Imogen
0930 - 1015	Legs Bums & Tums	Sally
1015 - 1100	Pilates Conditioning Workout	Sally
1210 - 1240	Core Workout	Vicky C
1245 - 1330	Vinyassa Flow Yoga	Jo
1730 - 1810	Latin Fitness Workout	Ira
1815 - 1905	Barbell Pump & Core Workout	Jack
1915 - 1955	Circuit Workout	Zoe
2000 - 2010	Pilates Beginners Intro	Lorraine
2010 - 2055	Pilates Conditioning Workout	Lorraine

THURSDAY

0700 - 0745	Sivananda Yoga Workout	Fleur
0930 - 0940	Beginners Pilates Introduction	Jacqui
0940 - 1030	Pilates Conditioning Workout	Jacqui
1230 - 1315	Barbell Pump Workout	Claire
1745 - 1825	Step Workout	Donna
1815 - 1845	Functional Fitness Workshop	Craig
1830 - 1925	Barbell Pump & Core Workout	Alex
1930 - 2015	Hatha Flow Yoga	Donna

FRIDAY

0915 - 1015	Body Conditioning Workout	Vicky M
1245 - 1330	Core Workout	Vicky C
1730 - 1815	Circuit Workout	Zoe

SATURDAY

1000 - 1015	Boxing Fit Taster	Sarah D
1015 - 1100	Boxing Fit Workout	Sarah D
1115 - 1200	Hatha Yoga Workout	Jackie
1205 - 1300	Barbell Pump & Core	Sally

SUNDAY

1015 - 1100	Circuit Workout	Zoe
1105 - 1205	Hatha Flow Yoga	Nicola