

# Bilston - Bert Williams Class Timetable

April - June 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM</b>	<b>HIIT</b> 7am 45m ☉	<b>Bootcamp</b> 7am 45m ☉	<b>Group Cycle</b> 7am 45m ☉	<b>Body Pump</b> 9:30am 45m ☉	<b>Tabata</b> 7am 45m ☉	<b>HIIT</b> 8:30am 30m ☉	<b>Body Pump</b> 9:30am 45m ☉
	<b>Body Pump</b> 9:30am 45m ☉	<b>Group Cycle</b> 9:30am 45m ☉	<b>Body Pump</b> 9.30am 45m ☉	<b>Zumba</b> 10:30am 45m ☉	<b>Bootcamp</b> 9:30am 45m ☉	<b>Body Attack</b> 9:15am 45m ☉	<b>Abs and Core</b> 10:30am 30m ☉
	<b>Group Cycling</b> 10:30am 45m ☉	<b>Body Attack</b> 10:30am 45m ☉	<b>Reggae Spin</b> 10:30am 45m ☉	<b>Abs Blast</b> 11:30am 30m ☉	<b>Yoga</b> 10:30am 60m ☉	<b>Group Cycle</b> 10:15am 45m ☉	
	<b>Pilates</b> 10:30am 60m ☉	<b>Abs Blast</b> 11:30am 30m ☉	<b>Boxfit</b> 10:30am 45m ☉		<b>Group Cycle</b> 10:30am 45m ☉		
			<b>Aquacise</b> 11:30am 45m ☉				
<b>PM</b>	<b>Aquacise</b> 12:15pm 45m ☉	<b>Group Cycle</b> 5:45pm 45m ☉	<b>Born To Move JUNIOR</b> (for ages 8-12) 4pm 30m ☉	<b>Group Cycle</b> 5:45pm 45m ☉	<b>Bhangra Blaze</b> 5:30pm 45m ☉	<b>Born To Move JUNIOR</b> (for ages 13-16) 1pm 30m ☉	
	<b>Group Cycle</b> 5:45pm 45m ☉	<b>Abs Blast</b> 6:40pm 30m ☉	<b>Body Pump</b> 5:45pm 45m ☉	<b>Tabata</b> 6:45pm 45m ☉	<b>Body Attack</b> 6:30pm 45m ☉	<b>Body Pump</b> 2pm 45m ☉	
	<b>Body Attack</b> 6:30pm 45m ☉	<b>Body Pump</b> 7:15pm 45m ☉	<b>Body Balance</b> 6:45pm 45m ☉	<b>Aquacise</b> 7:45pm 45m ☉			
	<b>Zumba</b> 7:30pm 45m ☉		<b>Boxfit</b> 7:45pm 45m ☉				