PREMIER FITNESS - CLASS TIMETABLE

VIVACITY PREMIER FITNESS
01733 864744

MONDAY

Time	Class	Studio	Instructor
06:45-07:30	Express Body Pump	S1	Kate
06:45-07:15	Strength Base	GF	Gym team
08:00-09:00	Yoga	S2	Becky
09:10-09:55	Pump	S2	Helen
09:30-10:00	Strength Base	GF	Gym team
09:30-10:15	Body Combat	S1	Neil
09:30-10:15	Studio Cycling	SC	Mo
10:05-10:45	Heavy HiiT	S2	Helen
10:30-11:30	Pilates	S1	Nat
10:50-11:20	Core	S2	Helen
11:35-12:20	Zumba Gold	S2	Jenny
12:30-13:15	Aqua Fit	PL	Jenny
13:30-14:30	Yin Yoga	S1	Laura
13:30-14:15	Tai Chi	S2	Jenny
16:30-17:15	Kids Circuits	S2	Sandra
17:00-18:00	Circuits	S1	Nus
18:00-19:00	Circuits	S1	Nus
18:00-19:00	Body Combat	S2	Clare
18:00-18:45	Studio Cycling	SC	Martin
19:10-19:55	Express Body Pump	S1	Martin
19:10-19:55	Zumba	S2	Steve
20:00-20:45	Pilates	S2	Dave
20:00-20:45	Step	S1	Nat

TUESDAY

Time	Class	Studio	Instructor
06:45-07:15	Strength Base	GF	Gym team
07:00-07:55	Total Strength	S1	Emma
08:00-08:45	Body Balance	S2	Nat
08:40-09:20	Express Body Combat	S1	Vikki
09:15-10:00	Studio Cycling	SC	Duncan
09:20-09:50	Body Conditioning	S2	Jenny
09:30-10:00	Strength Base	GF	Gym team
09:30-10:25	Body Tone Circuits	S1	Vikki
10:00-10:45	Aqua Fit	PL	Jenny
10:30-11:15	Zumba	S1	Nat
10:30-11:45	Yoga Stretch	S2	Elaine
11:15-12:00	Young at Heart Cycle	SC	Penny
16:45-17:25	Kids Zumba	S1	Jenny
17:10-17:55	Kids Fitness Skills	S2	Sandra
18:00-18:45	Studio Cycling	SC	Justine
18:00-18:45	HIITStep	S1	Mo
18:30-19:20	Zumba	S2	Jenny
19:00-20:00	Body Pump	S1	Olga B
19:15-20:00	Studio Cycling	SC	Rachel
19:30-20:15	Aqua Fit	PL	Jenny
20:00-21:00	Pilates	S2	Nat
20:10-21:10	Body Balance	S1	Kate

WEDNESDAY

Time	Class	Studio	Instructor
06:35-07:20	Studio Cycling	SC	Helen
06:45-07:15	Strength Base	GF	Gym team
08:15-09:00	Body Blast	S1	Olga
08:45-09:15	Express Body Conditioning	S2	Nat
09:30-10:00	Strength Base	GF	Gym team
09:30-10:30	Body Pump	S1	Penny
09:30-10:30	Body Balance	S2	Nat
09:30-10:15	Studio Cycling	SC	Mo
10:50-11:50	Yoga	S2	Laura
13:00-13:45	Aqua Fit	PL	Maggie
17:15-17:45	Express Body Pump	S2	Leigh
18:00-18:45	Barre	S2	Natalie
18:00-18:45	Studio Cycling	SC	Duncan
18:00-18:45	Body Attack	S1	Leigh
19:00-19:45	Core	S1	Martin
19:00-19:55	Body Balance	S2	Duncan
20:00-21:00	Pilates	S2	Peter

THURSDAY

Time	Class	Studio	Instructor
06:35-07:20	Studio Cycling	SC	Helen
06:45-07:15	Strength Base	GF	Gym team
08:15-09:00	Circuits	S1	Duncan
09:00-09:55	Yoga	S2	Becky
09:15-10:00	Step	S1	Nat
09:30-10:00	Strength Base	GF	Gym team
10:15-11:00	Zumba Gold	S2	Jenny
10:15-11:00	Pilates	S1	Nat
11:15-12:15	Body Balance	S2	Penny
12:30-13:15	Aqua Zumba	PL	Jenny
18:00-18:45	Express Body Attack	S2	Leigh
18:00-18:45	Studio Cycling	SC	Martin
18:15-19:00	Boxercise	S1	Mo
19:05-19:50	Express Body Pump	S1	Neil
19:15-20:00	Aqua Zumba	PL	Jenny
19:15-20:00	Cardio Pilates	S2	Kate
20:05-21:05	Pilates	S2	Kate
20:10-21:00	Body Balance	S1	Jenny

FRI/SAT/SUN >>

If you book a fitness class and are unable to attend, please make sure you cancel the booking so that the space can be made available to somebody else. Failure to cancel a class booking may result in a 7 day booking ban.

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FRIDAY

Time	Class	Studio	Instructor
06:35-07:20	Circuits	S1	Duncan
06:45-07:15	Strength Base	GF	Gym team
07:00-08:00	Yoga*	S2	Laura
07:30-08:15	Body Condition	S1	Duncan
09:15-10:00	Studio Cycling	SC	Helen
09:30-10:00	Strength Base	GF	Gym team
09:30-10:15	Zumba	S1	Steve
10:30-11:30	Body Pump	S1	Penny
11:45-12:45	Body Balance	S2	Penny
11:50-12:50	Yin Yoga	S1	Laura
17:30-18:15	Zumba	S1	Nat
17:40-18:10	Body Attack	S2	Leigh/Lee
18:00-18:45	Studio Cycling	SC	Rachel
18:30-19:30	Circuits	S1	Nus
18:30-19:30	Body Balance	S2	Neil

**Moves to Peterborough Lido during the Lido season*

SATURDAY

Time	Class	Studio	Instructor
08:05-08:50	Heavy HIIT	S1	Helen
08:50-09:35	Studio Cycling	SC	Helen
09:00-10:00	Circuits	S1	Nus
09:00-10:15	Yoga + Meditation	S2	Becky
10:30-11:30	Boxercise	S1	Mo
11:35-12:35	Body Balance	S1	Jenny

SUNDAY

Time	Class	Studio	Instructor
08:45-09:45	Pilates	S2	Dave
09:30-10:30	Body Pump	S1	Marc
10:40-11:30	Core	S1	Marc
10:45-11:25	Studio Cycling	SC	Rachel
10:45-11:30	Strictly Dancefit	S2	Natalie
11:40-12:40	Pilates	S1	Kate

Updated Sep 26

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