



DERBY ARENA

GROUP EXERCISE TIMETABLE

MONDAY

7:00am - 7:30am	Indoor Cycling
9:30am - 10:30am	BODYATTACK™
9:30am - 10:15am	Yogakidz
10:15am - 11:00am	Yogakidz
10:30am - 11:15am	Indoor Cycling
10:30am - 11:30am	Yoga
11:30am - 12:30pm	Mat Pilates
11:30am - 12:30pm	Low Impact Circuits
12:30pm - 1:15pm	Cardiac Circuits
5:15pm - 6:15pm	BODYPUMP™
5:30pm - 6:15pm	Indoor Cycling
6:15pm - 7:15pm	BODYCOMBAT™
6:30pm - 7:15pm	Rig Fit
7:15pm - 8:00pm	Clubbercise

TUESDAY

6:15am - 7:00am	Indoor Cycling
7:00am - 7:30am	HIIT
9:30am - 10:30am	BODYPUMP™
10:30am - 11:00am	HIIT
11:00am - 12:00pm	Fitness Pilates
5:15pm - 6:15pm	Showfit
5:30pm - 6:15pm	Indoor Cycling
6:15pm - 7:15pm	BODYPUMP™
7:15pm - 8:15pm	BODYATTACK™

WEDNESDAY

6:15am - 7:00am	Indoor Cycling
7:00am - 8:00am	Interval Training
9:15am - 9:45am	BODYPUMP™
9:45am - 10:30am	Step
10:30am - 11:30pm	Zumba
11:30am - 12:30pm	Pilates
12:30pm - 1:30pm	Cardiac Circuits
5:30pm - 6:30pm	BODYPUMP™
6:00pm - 6:30pm	Rig Fit
6:30am - 7:00pm	Abs Blast
6:30pm - 7:30pm	BODYCOMBAT™
7:30pm - 8:30pm	Fitness Pilates
7:30pm - 8:15pm	Indoor Cycling

THURSDAY

6:15am - 7:00am	Indoor Cycling
9:30am - 10:30am	BODYCOMBAT™
10:30am - 11:00am	Rig Fit
10:30am - 11:30am	Yoga
11:30am - 12:15pm	Active Living
5:30pm - 6:30pm	Circuits
5:30pm - 6:15pm	Indoor Cycling
6:30pm - 7:15pm	Step
7:15pm - 8:00pm	Fitness Pilates
8:00pm - 8:30pm	Indoor Cycling

FRIDAY

7:00am - 7:30am	Indoor Cycling
9:30am - 10:30am	Cardio Mix
10:30am - 11:15am	BODYPUMP™
5:00pm - 6:00pm	LBT
5:15pm - 5:45pm	Rig Fit
6:00pm - 6:30pm	Indoor Cycling
6:30pm - 7:30pm	Dance Fit
7:30pm - 8:30pm	Boxercise

SATURDAY

8:00am - 8:45am	Indoor Cycling
9:00am - 9:30am	HIIT
9:30am - 10:30am	BODYPUMP™
10:30am - 11:30am	BODYCOMBAT™

SUNDAY

7:45am - 8:15am	Indoor Cycling
8:30am - 9:00am	HIIT
9:00am - 10:00am	BODYPUMP™
10:00am - 10:45am	Fitness Pilates