

# Studio classes this week

## Chase Leisure Centre

Accurate as of 19/05/2019

(19-05-2019 - 25-05-2019)



Day	Time	Session
Sun	07:30 - 08:00	BODYBALANCE (Virtual)
Sun	08:00 - 08:45	RPM (Virtual)
Sun	09:15 - 10:15	Stomp FX
Sun	09:15 - 10:15	BODYPUMP
Sun	09:30 - 09:45	RPM
Sun	10:15 - 11:15	BODYBALANCE
Sun	10:30 - 11:00	SPRINT
Sun	11:15 - 11:45	GRIT Athletic
Sun	11:30 - 12:00	SPRINT (virtual)
Sun	12:15 - 13:00	RPM (Virtual)
Sun	13:15 - 13:45	SPRINT (virtual)
Sun	14:00 - 14:45	RPM (Virtual)
Sun	15:00 - 15:30	SPRINT (virtual)
Sun	15:45 - 16:30	RPM (Virtual)
Mon	06:30 - 07:00	BODYPUMP (Virtual)
Mon	07:00 - 07:45	RPM (Virtual)
Mon	07:00 - 07:45	WFC
Mon	07:05 - 07:45	SH'BAM (Virtual)
Mon	08:00 - 09:00	BODYPUMP (Virtual)
Mon	09:30 - 10:15	BODYCOMBAT
Mon	09:30 - 10:15	Trip

<b>Day</b>	<b>Time</b>	<b>Session</b>
Mon	09:30 - 10:15	Battle Fit
Mon	10:15 - 11:15	Body Pump®
Mon	10:30 - 11:15	RPM
Mon	11:30 - 12:15	Pilates
Mon	12:00 - 12:45	Trip
Mon	12:15 - 13:00	First Steps (£3/£3.50 inc swim)
Mon	13:00 - 13:45	RPM
Mon	13:30 - 14:00	BODYCOMBAT (Virtual)
Mon	14:00 - 14:30	SPRINT (virtual)
Mon	14:15 - 15:00	BODYPUMP (Virtual)
Mon	15:00 - 15:45	RPM (Virtual)
Mon	17:30 - 18:15	Indoor Cycling
Mon	17:30 - 18:30	Body Pump®
Mon	18:15 - 19:15	Bootcamp
Mon	18:30 - 19:15	SH'BAM
Mon	18:30 - 19:15	Trip
Mon	19:30 - 20:15	Trip
Mon	19:30 - 20:30	BODYBALANCE
Tue	06:30 - 07:00	BODYCOMBAT (Virtual)
Tue	07:00 - 07:30	SPRINT (virtual)
Tue	07:05 - 07:45	BODYPUMP (Virtual)
Tue	08:00 - 08:30	BODYCOMBAT (Virtual)
Tue	09:30 - 10:15	SH'BAM
Tue	09:30 - 10:15	Trip
Tue	10:15 - 11:15	BODYBALANCE

<b>Day</b>	<b>Time</b>	<b>Session</b>
Tue	10:30 - 11:15	Metafit
Tue	10:30 - 11:15	RPM (Virtual)
Tue	11:15 - 12:15	Young at Heart Keep Fit
Tue	12:00 - 12:30	SPRINT (virtual)
Tue	12:15 - 13:00	Pilates
Tue	13:00 - 13:45	RPM (Virtual)
Tue	13:30 - 14:30	BODYCOMBAT (Virtual)
Tue	15:00 - 15:30	SPRINT (virtual)
Tue	17:30 - 18:15	RPM
Tue	18:00 - 19:00	BODYCOMBAT
Tue	18:30 - 19:15	Trip
Tue	18:30 - 19:15	Battle Fit
Tue	19:00 - 19:45	Freestyle
Tue	19:15 - 20:00	Kettle Bells
Tue	19:15 - 20:00	Sculpt
Tue	19:30 - 20:15	RPM (Virtual)
Tue	20:00 - 20:45	Pure Stretch
Wed	07:00 - 07:45	Trip
Wed	07:00 - 07:45	WFC
Wed	07:05 - 08:00	BODYCOMBAT (Virtual)
Wed	08:10 - 08:40	CXWORX (Virtual)
Wed	09:30 - 10:15	Freestyle
Wed	09:30 - 10:15	RPM
Wed	10:15 - 11:15	BODYBALANCE
Wed	10:30 - 11:00	SPRINT

<b>Day</b>	<b>Time</b>	<b>Session</b>
Wed	11:15 - 11:45	GRIT Cardio
Wed	11:15 - 12:15	First Steps (£3/£3.50 inc swim)
Wed	12:00 - 12:45	Trip
Wed	13:30 - 14:15	Trip
Wed	15:15 - 16:00	RPM (Virtual)
Wed	17:30 - 18:15	Step Areobics
Wed	17:30 - 18:15	Indoor Cycling
Wed	18:15 - 19:15	Body Pump®
Wed	18:30 - 19:15	Trip
Wed	19:00 - 20:00	Bootcamp
Wed	19:15 - 20:00	BODYBALANCE
Wed	19:30 - 20:15	Trip
Thu	06:30 - 07:00	BODYCOMBAT (Virtual)
Thu	07:00 - 07:30	SPRINT (virtual)
Thu	07:00 - 07:45	Rise and Shine
Thu	07:05 - 08:00	BODYBALANCE (Virtual)
Thu	08:05 - 09:00	BODYPUMP (Virtual)
Thu	09:30 - 10:15	Step Areobics
Thu	09:30 - 10:15	Indoor Cycling
Thu	09:30 - 10:15	Battle Fit
Thu	10:15 - 11:15	Body Pump®
Thu	10:30 - 11:15	Trip
Thu	11:15 - 12:15	BODYBALANCE
Thu	12:00 - 12:45	RPM
Thu	13:00 - 13:45	RPM

<b>Day</b>	<b>Time</b>	<b>Session</b>
Thu	15:15 - 16:00	Trip
Thu	17:30 - 18:15	Battle Fit
Thu	17:30 - 18:15	Indoor Cycling
Thu	18:00 - 19:00	Pilates
Thu	18:30 - 19:15	Kettle Bells
Thu	18:30 - 19:15	Indoor Cycling
Thu	19:00 - 20:00	BODYCOMBAT
Thu	19:15 - 20:00	Pure Stretch
Thu	19:30 - 20:15	RPM (Virtual)
Thu	20:00 - 21:00	BODYBALANCE
Fri	06:30 - 07:00	BODYPUMP (Virtual)
Fri	07:00 - 07:45	Trip
Fri	07:00 - 07:45	Battle Fit
Fri	07:05 - 07:45	SH'BAM (Virtual)
Fri	08:00 - 08:40	BODYCOMBAT (Virtual)
Fri	08:40 - 09:10	BODYPUMP (Virtual)
Fri	09:30 - 10:00	SPRINT
Fri	09:30 - 10:15	SH'BAM
Fri	09:30 - 10:15	Circuits
Fri	10:15 - 11:00	Bodytone
Fri	10:15 - 11:00	RPM
Fri	11:15 - 11:45	GRIT Strength
Fri	11:15 - 12:15	Young at Heart Keep Fit
Fri	12:55 - 13:55	BODYPUMP (Virtual)
Fri	14:00 - 15:00	BODYBALANCE (Virtual)

<b>Day</b>	<b>Time</b>	<b>Session</b>
Fri	15:15 - 15:45	SPRINT (virtual)
Fri	17:30 - 18:15	Indoor Cycling
Fri	18:00 - 19:00	Body Pump®
Fri	19:00 - 20:00	Zumba (14yrs+)
Fri	19:30 - 20:00	SPRINT (virtual)
Sat	07:15 - 07:45	BODYPUMP (Virtual)
Sat	07:50 - 08:50	BODYCOMBAT (Virtual)
Sat	08:00 - 08:30	SPRINT (virtual)
Sat	08:00 - 08:45	Battle Fit
Sat	09:00 - 09:45	Body Pump®
Sat	09:00 - 09:45	RPM
Sat	09:45 - 10:30	BODYCOMBAT
Sat	10:00 - 10:45	Trip
Sat	10:30 - 11:15	SH'BAM
Sat	11:00 - 11:45	Trip
Sat	11:00 - 12:00	Bootcamp
Sat	12:00 - 12:45	RPM (Virtual)
Sat	13:00 - 13:30	SPRINT (virtual)
Sat	13:45 - 14:30	RPM (virtual or instructor-led)
Sat	14:45 - 15:15	SPRINT (virtual)
Sat	15:30 - 16:15	RPM (virtual or instructor-led)