

YMCA ROMFORD | GROUP FITNESS TIMETABLE (March 26)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
08:30-09:15	SPIN Sarah (SH)	08:30-09:15	RPM Roy (SH)	08:30-09:15	TRX Pat (DS)	08:15-09:15	BODY PUMP Roy (DS)*	08:15-09:00	BODY PUMP Sarah (DS)	09:00-10:00	TRX Roy (DS)
08:30-09:15	FITNESS YOGA Elaine (DS)*	08:15-09:00	LBT Sarah (DS)	09:30-10:15	YOGA/PILATES Roy (DS)*	09:30-10:15	BOX FIT Mandy (DS)	08:30-09:15	CIRCUIT Debbie (SH)	10:00-11:00	HIIT STEP Roy (DS)
08:30-09:15	CIRCUIT Michael (SH)	09:30-10:30	CIRCUIT Roy (SH)	10:30-12:30	BADMINTON (SH)	09:30-10:15	RPM Roy (SH)	09:30-10:15	INSANITY Pat (DS)	10:00-11:30	CLIMBING CLUBS FOR KIDS (C)
09:30-10:15	GYM CIRCUIT Roy (G)	10:30-11:15	BODY BALANCE Ravs (OR)*	12:00-12:45	HEALTH COND Pat (G)	10:30-11:15	DANCE FIT Mandy (DS)	10:30-11:15	BODY COND Steph (DS)	SUNDAY	
09:30-10:15	BODY STEP Mandy (DS)	11:30-13:00	BOCCIA Pat (SH)	13:00-13:45	HEALTH COND Pat (G)	10:30-12:00	TABLE TENNIS (SH)	10:30-11:15	BODY BALANCE Ravs (OR)*		
10:30-11:30	BODY PUMP Mandy (DS)	12:30-13:15	FITNESS FUSION Chris (DS)	14:30-15:15	50+ BODY COND Scott (G)	10:45-11:45	BOCCIA Steve (SH)	10:30-12:00	WOMEN TOGETHER £	09:00-09:45	LADIES ONLY FREE WEIGHT TRAINING Scott (G)
11:45-12:45	HEALTH REHAB Kim (SH)*	13:00-15:00	50+ SOCIAL CLUB Kim (OR)	18:30-19:15	CIRCUIT / BOXING Scott (DS)	11:45-12:30	SEATED DANCE Oni (OR)	13:30-14:30	STROKE REHAB Kim (SH)	10:00-10:45	CIRCUIT / BOXING Scott (DS)
12:45-13:30	TRX / COND Chris (DS)	17:30-18:15	LADIES ONLY FITNESS Sarah (DS)	19:30-20:15	YOGA Elaine (OR)*	14:00-16:00	50+ SOCIAL CLUB Kim (OR)			11:00-11:45	FITNESS FUSION Chris (DS)
17:30-18:15	FITNESS PILATES Sarah (DS)					17:45-18:30	FITNESS PILATES Sarah (DS)				
18:15-19:00	LBT Sarah (DS)					18:45-19:45	BOXERCISE Sarah (DS)				

CALORIE BURN	SH Sports hall
STRENGTH & TONE	DS Dance studio
SPORTS	OR Orchard room
SPECIALIST	C Climbing room
RELAXATION	G Gym
	* Available online
	£ Fee applies