YMCA ROMFORD | GROUP FITNESS TIMETABLE (23/10/26)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
08:30–09:15	FITNESS YOGA Elaine (DS)*	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	CIRCUIT Debbie (SH)	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)
09:30-10:15	GYM CIRCUIT Roy (G)	09:15-10:30	REBOUND Steph (DS)	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	BODY STEP Mandy (DS)	09:30-10:30	CIRCUIT Roy (SH)	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	
10:30–11:30	BODY PUMP Mandy (DS)	10:30-11.15	BODY BALANCE Ravs (OR)*	13:00-13:45	HEALTH COND Pat (G)	10:30-12:00	TABLE TENNIS (SH)	10:30-11:15	BODY BALANCE Ravs (OR)*		
11:45–12:30	BARRE Steph (DS)	11:30-13:00	BOCCIA Pat (SH)			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)*	12:30-13:15	FITNESS FUSION Chris (DS)			11:45-12:30	SEATED DANCE Oni (OR)	13:30-14:30	STROKE REHAB Kim (SH)	10:00-10:45	BOXING CIRCUIT Scott (DS)
12:45–13:30	TRX / COND Chris (DS)	13:00-15:00	50+ SOCIAL CLUB Kim (OR)	18:30-19:15	CIRCUIT / BOXING Scott (DS)	14:00-16:00	50+ SOCIAL CLUB Kim (OR)			11:00-11:45	FITNESS FUSION Chris (DS)
18:15-19:00	NEW MONDAY MASH UP Scott (DS)	17:30-18:15	NEW WEIGHT TRAINING Scott (DS)	19:30-20:15	YOGA Elaine (OR)*	17:30-18:15	BODY COND Carly (DS)				SH Sports hall DS Dance studio OR Orchard room C Climbing room G Gym WR Windmill room * Available online £ Fee applies

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