

YMCA ROMFORD | FITNESS TIMETABLE

MONDAY

08:30 - 09:15 **RPM** Jo (RP)
 08:30 - 09:15 **Fitness Yoga** Elaine (DS) **OLZ**
 08:30 - 09:15 **Circuit** Wesley (SH)
 09:30 - 10:15 **Gym Circuit** Roy (G)
 09:30 - 10:15 **Body Step** Mandy (DS)
 10:30 - 11:30 **Body Pump** Mandy (DS) **OLZ**
 11:45 - 12:45 **Health Rehab** Kim (SH) **OLZ**
 12:45 - 13:30 **TRX/Conditioning** Chris (DS)
 17:15 - 18:00 **Rebound** Jo (DS)
 18:00 - 19:00 **Legs, Bums & Tums** Jo (DS)

TUESDAY

08:30 - 09:15 **RPM** Roy (RP)
 08:30 - 09:15 **Legs, Bums & Tums** Sarah (DS)
 09:30 - 10:30 **Circuit** Roy (SH)
 10:30 - 11:15 **Body Balance** Ravs (YS) **OLZ**
 11:30 - 13:00 **Boccia** Pat (SH)
 12:30 - 13:15 **Fitness Fusion** Chris (DS)
 13:00 - 15:00 **Social Club** Kim (YS)
 17:30 - 18:15 **Ladies Only Fitness** Sarah (DS)
 18:30 - 19:30 **Body Pump** Jo (DS)
 19:15 - 20:00 **RPM** Jo (DS)

WEDNESDAY

08:30 - 09:15 **TRX** Pat (DS)
 09:30 - 10:15 **Yoga/Pilates Fusion** Roy (SH) **OLZ**
 10:30 - 12:30 **Badminton** (SH)
 12:00 - 12:45 **Health Conditioning** Pat (G)
 13:00 - 13:45 **Health Conditioning** Pat (G)
 14:30 - 15:15 **50+ Body Conditioning** (DS)
 19:30 - 20:15 **Yoga** Elaine (YS) **OLZ**

THURSDAY

08:15 - 09:15 **Body Pump** Roy (DS) **OLZ**
 09:30 - 10:15 **Box Fit** Mandy (DS)
 09:30 - 10:15 **RPM** Roy (RP)
 09:30 - 11:00 **Table Tennis** (SH)
 10:30 - 11:15 **Dance Fit** Mandy (DS)
 10:45 - 11:45 **Boccia** Steve & Wesley (SH)
 11:45 - 12:30 **Seated Dance** Oni (YS)
 14:00 - 16:00 **Social Club** Kim (YS)
 17:45 - 18:30 **Rebound** Jo (DS)
 18:45 - 19:45 **Body Pump** Jo (DS)

FRIDAY

08:30 - 09:15 **Circuit** Wesley (SH)
 08:30 - 09:15 **Body Pump** Jo (DS)
 09:30 - 10:15 **Insanity** Pat (DS)
 09:30 - 10:15 **RPM** Jo (RP)
 10:30 - 11:15 **Legs, Bums & Tums** Stephanie (DS)
 10:30 - 12:00 **Women Together** £
 10:30 - 11:15 **Body Balance** Ravs (YS) **OLZ**
 13:30 - 14:30 **Stroke Rehab** Kim (SH)

SATURDAY

08:15 - 09:00 **Rebound** Jo (DS)
 09:15 - 10:00 **TRX** Roy (DS)
 10:00 - 11:00 **Little Rockers** (C)
 10:00 - 11:30 **Rock Starz** (C)
 10:15 - 11:00 **HIIT Step** Roy (DS)

SUNDAY

09:00 - 09:45 **Free weights (ladies only)** Scott (DS)
 10:00 - 10:45 **Boxing** Scott (DS)
 11:00 - 11:45 **Fitness Fusion** Chris (DS)

KEY

Relax
Strengthen & Tone
Calorie burn
Specialist
Sports

(L) Lecture room
(C) Climbing room
(G) Gym
OLZ Virtual class

(SH) Sports hall
(RP) RPM studio
(DS) Dance studio
(YS) Yourspace