

Emirates Arena Altered Fitness Class Timetable February 2018

Please note: Due to room/venue changes, some classes may have smaller capacities than normal

Classes return to normal on Wednesday 28th February

Wednesday 21st February			
Time	Class	Studio	Notes
0700-0730	Grit	1	
0700-0745	Circuits	3	Class Change/Room Change
1200-1230	Metafit	1	
1200-1300	Yoga	3	
1715-1800	Body Attack	1	
1800-1830	Grit Strength	1	
1845-1930	Body Pump	1	
1930-2000	Metafit	1	
1900-2000	WillPower & Grace	3	
2000-2030	Cx Worx	1	

Thursday 22nd February			
Time	Class	Studio	Notes
0700-0730	Arke	Gym	
0700-0745	Body Pump	1	
1230-1300	Arke	Gym	
1230-1300	Grit Cardio	1	
1715-1800	Body Combat	1	
1800-1830	Kinesis	Gym	
1800-1845	Yoga	3	
1800-1900	BoxFit	1	
1900-1945	Body Attack	1	
1900-2000	Tai Chi	3	
1945-2030	Zumba	1	

Friday 23rd February			
Time	Class	Studio	Notes
0645-0730	Body Combat	1	
0700-0745	Circuits	3	Class Change/Room Change
1000-1030	Metafit	1	
1030-1130	Body Balance	3	
1200-1245	Body Pump	1	
1200-1300	Yoga	3	
1715-1800	Circuits	3	Class Change/Room Change
1730-1815	Body Attack	1	
1815-1845	Metafit	1	
1845-1930	Body Pump	1	

Saturday 24th February			
Time	Class	Studio	Notes
0915-0945	Arke	Gym	
0930-1030	Pilates Beginners	3	
1030-1130	Pilates Improvers	3	
1130-1200	Cx Worx	3	
1130-1200	Kinesis	Gym	
1230-1315	Circuits	3	Class Change/Room Change

Sunday 25th February

Time	Class	Studio	Notes
0900-0930	Metafit	3	Class Change/Room Change
0915-0945	Kinesis	Gym	
0930-1030	Body Attack	3	Class Change/Room Change
1030-1130	Yoga	3	
1130-1200	Arke	Gym	
1130-1215	Body Step	3	Class Change/Room Change
1230-1330	Body Balance	3	

Monday 26th February

Time	Class	Studio	Notes
0700-0730	Metafit	1	
0700-0745	Circuits	3	Class Change/Room Change
1000-1100	Yoga	3	
1200-1245	Circuits	3	Class Change/Room Change
1300-1345	Body Combat	1	
1715-1745	Metafit	1	
1730-1815	Zumba	3	
1815-1915	Pilates Improvers	3	
1800-1830	Grit Strength	1	
1915-2015	Body balance	3	
1845-1930	Body Pump	1	
1930-2000	Cx Worx	1	
2000-2045	Body Attack	1	

Tuesday 27th February

Time	Class	Studio	Notes
0645-0715	Metafit	1	
0700-0730	Arke	Gym	
0715-0800	Body Pump	1	
1200-1230	Arke	Gym	
1230-1315	Body Pump	1	
1345-1430	Live Active Circuits	3	Class Change/Room Change
1715-1800	Kettelbell Beginners	3	
1730-1815	Body Attack	1	
1800-1830	Cx Worx	3	
1815-1900	BoxFit	1	
1830-1930	Yoga	3	
1900-1930	Metafit	1	
1930-2030	Body Balance	3	
1930-2030	Body Combat	1	
2030-2115	Body Pump	1	