

Temporary Fitness Class Timetable

February/March 2019

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

Classes return to normal on Wednesday 6th March.

Saturday 23 rd February			
Time	Class	Studio	Notes
0900-1000	Body Combat	Studio 3	Room Change
0915-0945	Arke	Gym Floor	
0930-1030	Pilates Beginners	Gorbals	Venue Change
1115-1200	G Cycle	Tollcross	Venue Change/Time Change
1000-1030	Grit Strength	Studio 3	
1030-1130	Pilates Improvers	Gorbals	Venue Change
1030-1130	Body Pump	Studio 3	Room Change
1130-1200	Cx Worx	Studio 3	
1130-1200	Kinesis	Gym Floor	
1130-1215	G Cycle	Gorbals	Venue Change

Sunday 24 th February			
Time	Class	Studio	Notes
0900-0930	Metafit	Studio 3	Room Change
0915-0945	Kinesis	Gym Floor	
0915-1000	G Cycle	Gorbals	Venue Change/Time Change
0930-1030	Body Attack	Studio 3	Room Change
1000-1100	Yoga	Gorbals	Venue Change/Time Change
1030-1130	Body Pump	Studio 3	Room Change
1115-1200	G Cycle	Gorbals	Venue Change
1145-1215	Arke	Gym Floor	
1130-1215	Body Step	Studio 3	Room Change
1230-1330	Body Balance	Studio 3	
0900-0930	Metafit	Studio 3	Room Change
0915-0945	Kinesis	Gym Floor	
0915-1000	G Cycle	Gorbals	Venue Change/Time Change
0930-1030	Body Attack	Studio 3	Room Change
1000-1100	Yoga	Gorbals	Venue Change/Time Change
1030-1130	Body Pump	Studio 3	Room Change

Monday 25 th February			
Time	Class	Studio	Notes
0700-0730	Metafit	Studio 3	
0700-0745	Arke	Gym Floor	Class Change/Room Change
1000-1100	Yoga	Studio 3	
1200-1245	FT Fit	Studio 3	Room Change
1300-1345	Body Combat	Studio 3	Room Change
1715-1800	G Cycle	Tollcross	Venue Change
1715-1745	Metafit	Gorbals	Venue Change/Merging with current class
1730-1815	Zumba	Studio 3	
1815-1900	Pilates Improvers	Gorbals	Venue Change/Time Change
1830-1930	Body Pump	Studio 3	Room Change
1900-1945	Body Balance	Gorbals	Venue Change/Time Change
1915-2000	G Cycle	Tollcross	Venue Change/Time Change
1930-2000	Cx Worx	Studio 3	Room Change
2000-2045	Body Attack	Studio 3	Room Change
0700-0730	Metafit	Studio 3	
0700-0745	Arke	Gym Floor	Class Change/Room Change
1000-1100	Yoga	Studio 3	

Tuesday 26 th February			
Time	Class	Studio	Notes
0645-0715	Metafit	Studio 3	Room Change
0700-0730	Arke	Gym Floor	
0700-0745	G Cycle	Gorbals	Venue Change
0715-0800	Body Pump	Studio 3	Room Change
1200-1230	Arke	Gym Floor	
1230-1315	Body Pump	Crownpoint	Venue Change
1345-1430	Live Active FT	Studio 3	Room Change
1715-1800	Kettelbells	Studio 3	
1745-1845	Body Attack	Gorbals	Venue Change
1845-1915	Cx Worx	Gorbals	Venue Change/Time Change
1900-1945	G Cycle	Gorbals	Venue Change/Time Change
1815-1900	BoxFit	Studio 3	Room Change/Time Change
1900-1930	Metafit	Studio 3	Room Change/Time Change
1800-1845	Body Balance	Gorbals	Venue Change/Time Change
1915-2015	Body Combat	Studio 3	Room Change/Time Change

Wednesday 27 th February			
Time	Class	Studio	Notes
0700-0745	Ft Fit	Studio 3	Room Change
1200-1230	Metafit	Crownpoint	Venue Change
1200-1300	Yoga	Studio 3	
1230-1315	G Cycle	Gorbals	Venue Change
1715-1800	Body Attack	Tollcross	Venue Change
1830-1915	G Cycle	Tollcross	Venue Change/Time Change
1800-1900	Pilates Beginners	Studio 3	
1800-1845	Body Pump	Gorbals	Venue Change/Time Change/Merging with Current Class
1900-1930	Cx Worx	Studio 3	
1930-2000	Metafit	Tollcross	Venue Change
1915-2000	G Cycle	Tollcross	Venue Change/Time Change
1930-2030	Yoga	Studio 3	
0700-0730	Metafit	Tollcross	Venue Change
0700-0745	Ft Fit	Studio 3	Room Change
Thursday 28 th February			
Time	Class	Studio	Notes
0700-0730	Arke	Gym Floor	
0700-0745	Body Pump	Studio 3	
0700-0745	G Cycle	Gorbals	Venue Change
1000-1100	Yoga	Studio 3	
1230-1300	Grit Cardio	Tollcross	Venue Change
1700-1800	FitClub Jnr Gym Skills	Gym Floor	
1715-1800	Body Combat	Studio 3	
1800-1830	Kinesis	Gym Floor	
1900-1945	Yoga	Gorbals	Venue Change/Time Change
1800-1900	BoxFit	Studio 3	
1945-2030	G Cycle	Tollcross	Venue Change/Time Change
1900-1945	Body Attack	Crownpoint	Venue Change
Friday 1 st March			
Time	Class	Studio	Notes
0645-0730	Body Combat	Studio 3	
0700-0745	Arke	Gym Floor	Class Change/Room Change
1000-1030	Metafit	Studio 3	
1030-1130	Body Balance	Studio 3	
1200-1245	Body Pump	Crownpoint	Venue Change
1200-1300	Yoga	Studio 3	
1230-1315	G Cycle	Tollcross	Venue Change
1715-1800	FT Fit	Studio 3	
1800-1845	Body Attack	Studio 3	
1845-1930	G Cycle	Tollcross	Venue Change/Time Change
1815-1845	Metafit	Crownpoint	Venue Change

Saturday 2nd March

Time	Class	Studio	Notes
0900-1000	Body Combat	Studio 3	Room Change
0915-0945	Arke	Gym Floor	
0930-1030	Pilates Beginners	Gorbals	Venue Change
1115-1200	G Cycle	Tollcross	Venue Change/Time Change
1000-1030	Grit Strength	Studio 3	
1030-1130	Pilates Improvers	Gorbals	Venue Change
1030-1130	Body Pump	Studio 3	Room Change
1130-1200	Cx Worx	Studio 3	
1130-1200	Kinesis	Gym Floor	
1130-1215	G Cycle	Gorbals	Venue Change

Sunday 3rd March

Time	Class	Studio	Notes
0900-0930	Metafit	Studio 3	Room Change
0915-0945	Kinesis	Gym Floor	
0915-1000	G Cycle	Gorbals	Venue Change/Time Change
0930-1030	Body Attack	Studio 3	Room Change
1000-1100	Yoga	Gorbals	Venue Change/Time Change
1030-1130	Body Pump	Studio 3	Room Change
1115-1200	G Cycle	Gorbals	Venue Change
1145-1215	Arke	Gym Floor	
1130-1215	Body Step	Studio 3	Room Change
1230-1330	Body Balance	Studio 3	
0900-0930	Metafit	Studio 3	Room Change
0915-0945	Kinesis	Gym Floor	
0915-1000	G Cycle	Gorbals	Venue Change/Time Change
0930-1030	Body Attack	Studio 3	Room Change
1000-1100	Yoga	Gorbals	Venue Change/Time Change
1030-1130	Body Pump	Studio 3	Room Change

Monday 4th March

Time	Class	Studio	Notes
0700-0730	Metafit	Studio 3	
0700-0745	Arke	Gym Floor	Class Change/Room Change
1000-1100	Yoga	Studio 3	
1200-1245	FT Fit	Studio 3	Room Change
1300-1345	Body Combat	Studio 3	Room Change
1715-1800	G Cycle	Tollcross	Venue Change
1715-1745	Metafit	Gorbals	Venue Change/Merging with current class
1730-1815	Zumba	Studio 3	
1815-1900	Pilates Improvers	Gorbals	Venue Change/Time Change
1830-1930	Body Pump	Studio 3	Room Change
1900-1945	Body Balance	Gorbals	Venue Change/Time Change
1915-2000	G Cycle	Tollcross	Venue Change/Time Change
1930-2000	Cx Worx	Studio 3	Room Change
2000-2045	Body Attack	Studio 3	Room Change
0700-0730	Metafit	Studio 3	
0700-0745	Arke	Gym Floor	Class Change/Room Change

Tuesday 5th March

Time	Class	Studio	Notes
0645-0715	Metafit	Studio 3	Room Change
0700-0730	Arke	Gym Floor	
0700-0745	G Cycle	Gorbals	Venue Change
0715-0800	Body Pump	Studio 3	Room Change
1200-1230	Arke	Gym Floor	
1230-1315	Body Pump	Crownpoint	Venue Change
1345-1430	Live Active FT	Studio 3	Room Change
1715-1800	Kettelbells	Studio 3	
1745-1845	Body Attack	Gorbals	Venue Change
1845-1915	Cx Worx	Gorbals	Venue Change/Time Change
1900-1945	G Cycle	Gorbals	Venue Change/Time Change
1815-1900	BoxFit	Studio 3	Room Change/Time Change
1900-1930	Metafit	Studio 3	Room Change/Time Change
1800-1845	Body Balance	Gorbals	Venue Change/Time Change
1915-2015	Body Combat	Studio 3	Room Change/Time Change
2030-2115	Body Pump	Studio 3	Room Change

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