

Emirates Arena Altered Fitness Class Timetable June 2018

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

Classes return to normal on Monday 18th June

Tuesday 12th June			
Time	Class	Notes	Studio
0645-0715	Metafit	Room Change	3
0700-0730	Arke		Gym
0700-0745	G Cycle		2
0715-0800	Body Pump	Room Change	3
1200-1230	Arke		Gym
1230-1315	Body Pump	Room Change	3
1345-1430	Live Active FT		2
1715-1800	FT Fit		2
1715-1800	Kettlebell Beginners		3
1800-1830	Cx Worx	Room Change	3
1800-1845	G Cycle		2
1900-1945	Kettlebell Improvers		2
1830-1930	Yoga		3
1930-2030	Body Balance		3
2030-2115	Body Pump	Room Change	3

Wednesday 13th June			
Time	Class	Notes	Studio
0645-0715	Grit	Room Change	3
0700-0745	FT Fit		2
1200-1230	Metafit	Venue Change	Crownpoint
1200-1300	Yoga		3
1230-1315	G Cycle		2
1645-1745	FitClub Jnr FT Fit		2
1715-1745	Grit Strength	Venue/Time Change	Crownpoint
1800-1900	Pilates		3
1800-1845	G Cycle		2
1845-1930	FT Fit		2
1900-1930	Cx Worx		3
1930-2015	G Cycle		2
1930-2030	Yoga		3
1945-2015	Metafit	Venue/Time Change	Crownpoint

Thursday 14th June			
Time	Class	Notes	Studio
0700-0730	G Cycle		2
0700-0730	Arke		Gym

0700-0745	Body Pump	Room Change	3
1230-1300	Grit Cardio	Venue Change	Crownpoint
1715-1800	Body Combat	Room Change	3
1730-1815	G Cycle		2
1800-1830	Kinesis		Gym
1800-1845	Yoga		3
1830-1915	G Cycle		2
1915-2000	FT Fit		2
1915-2000	Body Attack	Venue/Time Change	Crownpoint
1900-2000	Tai Chi		3
2000-2045	Zumba	Venue/Time Change	Crownpoint

Friday 15th June

Time	Class	Notes	Studio
0700-0745	FT Fit		2
1000-1030	Metafit	Room Change	3
1030-1130	Body Balance		3
1200-1245	Body Pump	Venue Change	Crownpoint
1200-1300	Yoga		3
1230-1315	G Cycle		2
1715-1800	FT Fit		2
1830-1915	Body Attack	Venue/Time Change	Crownpoint
1815-1900	G Cycle		2
1915-1945	Metafit	Venue/Time Change	Crownpoint
1945-2030	Body Pump	Venue/Time Change	Crownpoint

Saturday 16th June

Time	Class	Notes	Studio
0915-0945	Arke		Gym
0930-1030	Pilates Beginners		3
0945-1030	G Cycle		2
1030-1115	FT Fit		2
1030-1130	Pilates Improvers		3
1045-1130	Body Combat	Venue/Time Change	Crownpoint
1130-1200	Grit Strength	Venue/Time Change	Crownpoint
1130-1200	Cx Worx		3
1130-1200	Kinesis		Gym
1130-1215	G Cycle		2
1200-1300	Body Pump	Venue/Time Change	Crownpoint
1245-1330	FT Fit		2

Sunday 17th June

Time	Class	Notes	Studio
0900-0930	Metafit	Room Change	3
0915-0945	Kinesis		Gym
0930-1030	Body Attack	Room Change	3

0930-1015	G Cycle		2
1030-1115	FT Fit		2
1030-1130	Yoga		3
1115-1200	G Cycle		2
1130-1230	Body Pump	Room Change/Time Change	3
1130-1200	Arke		Gym
1230-1330	Body Balance		3