

Hatchford Brook Gym

Group Exercise Timetable

mytimeactive

Monday

8:00-8:30	abs Blast
10:00-10:45	Bootcamp
17:15-18:00	Zumba
18:15-19:00	Cycle

Tuesday

14:00-14:30	Abs Blast
17:45-18:30	Body Sculpt

Wednesday

16:30-17:15	LBT
17:30-18:15	Zumba
19:00-19:45	Pilates

Thursday

12:10-12:55	Bootcamp
14:00-14:30	Abs Blast
17:15-18:00	LBT
18:15-19:00	Zumba
19:15-20:00	Cycle

Friday

07:30-08:00	Abs Blast
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Saturday

09:00-09:45	Bootcamp
9.45-10:30	Pilates

Sunday

9.30-10:15	Cycle
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