

Pype Hayes Gym

Group Exercise Timetable

mytimeactive

Monday

17.30-18:15 YOGALATES
18:30-19:15 ZUMBA

Tuesday

07:00-07:45 Bootcamp
17:15-17:45 HIT
19:00-19:45 SPIN

Wednesday

17:15-18:00 LBT
18:15-19:00 CIRCUIT

Thursday

09:15-10:00 PILATES
18:30-19:00 ABS BLAST

Friday

07:00-07:45 STRETCH AND TONE
11:00-11:45 ABS BLAST

Saturday

10:00-10:45 ZUMBA

Sunday

10:00-10:45 CIRCUIT
11:15-12:00 SPIN