

GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLYBIRD	GROUP CYCLE 07:00 – 07:45 Studio 2	SENIOR PILATES 08:30 – 09:30 Online	BODY BLITZ 07:00 – 07:45 Studio 1	GROUP CYCLE 07:00 – 07:45 Studio 2	SMASH HiIT 08:30 – 09:00 Studio 1	GROUP CYCLE 08:15 – 09:00 Studio 2	GROUP CYCLE 08:45 – 09:30 Studio 2
	DANCE FIT 10:00 – 10:45 Online	SMASH HiIT 08:45 – 09:15 Studio 1	BOOTCAMP 08:00 – 08:45 Outside	SMASH KETTLEBELLS 08:00 – 08:30 Studio 1	SMASH ABS 09:15 – 09:45 Online	PILATES 08:15 – 09:00 Studio 1	PILATES 09:30 – 10:00 Online
MORNING	SMASH HiIT 09:00 – 09:30 Studio 1	PILATES 09:30 – 10:15 Studio 1	SMASH ABS 08:30 – 09:00 Studio 1	PILATES 09:30 – 10:30 Studio 1	ZUMBA 09:00 – 10:00 Online	GROUP CYCLE 09:15 – 10:00 Studio 2	BODY BLITZ 09:45 – 10:45 Studio 1
	CARDIO BLITZ 09:45 – 10:30 Studio 1	PILATES 10:30 – 11:15 Studio 1	ZUMBA 09:00 – 09:45 Studio 1		GET ACTIVE 10:15 – 11:00 Online	PILATES 09:15 – 10:00 Studio 1	PILATES 10:05 – 10:35 Online
	TOTAL BODY STRENGTH 10:45 – 11:30 Studio 1		GET ACTIVE 09:30 – 10:30 Sports hall			BODY BLITZ 10:15 – 11:00 Studio 1	SMASH ABS 10:40 – 11:10 Online
			ZUMBA 10:00 – 10:45 Studio 1			SMASH HiIT 11:30 – 12:00 Online	YOGA 11:45 – 12:45 Studio 1
LUNCH			YOGA 11:00 – 12:00 Studio 1				
	AQUACISE 12:15 – 13:00 Pool	METAFIT 12:30 – 13:00 Studio 1	SMASH HiIT 12:45 – 13:15 Online	CORE 12:00 – 12:45 Online	AQUACISE 12:15 – 13:00 Pool	SMASH ABS 12:15 – 12:45 Studio 1	SMASH ABS 13:00 – 13:30 Studio 1
	YOGA 12:15 – 13:15 Studio 1	SMASH ABS 13:15 – 13:45 Online	SMASH Legs, Bums & Tums 13:30 – 14:00 Studio 1	SMASH ABS 12:15 – 12:45 Studio 1	BARRE 12:15 – 13:15 Studio 1		
			METAFIT 13:00 – 13:30 Online				
EVENING	GROUP CYCLE 17:30 – 18:15 Studio 2	BODY BLITZ 17:45 – 18:30 Studio 1	GROUP CYCLE 17:30 – 18:15 Studio 2	PILATES 17:30 – 18:30 Studio 1	GROUP CYCLE 17:15 – 18:00 Studio 2		
	ZUMBA 17:45 – 18:30 Studio 1	GROUP CYCLE 17:45 – 18:30 Studio 2	YOGA 19:00 – 20:00 Studio 1	TOTAL BODY STRENGTH 18:45 – 19:30 Studio 1	BOX FIT 17:30 – 18:15 Online		
	ZUMBA 18:45 – 19:30 Studio 1	GROUP CYCLE 18:45 – 19:30 Studio 2	GROUP CYCLE 18:30 – 19:15 Studio 2	GROUP CYCLE 18:45 – 19:30 Studio 2	GROUP CYCLE 18:15 – 19:00 Studio 2		
	GROUP CYCLE 19:45 – 20:30 Studio 2			TOTAL BODY STRENGTH 19:45 – 20:30 Studio 1			
				GROUP CYCLE 19:45 – 20:30 Studio 2			

KEY

- Studio 1
- Studio 2
- Outside/Squash
- Online
- Sports hall
- Pool

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