

## M MARL PITS

### MONDAY

### CLASS TIME

Meta-Fit	7:15 - 7:45am
Cardio Abs	9:15 - 9:45am
Meta-Fit	4:30 - 5:00pm

### TUESDAY

Meta-Fit	4:30 - 5:00pm
Meta-Fit	7:30 - 8:00pm

### WEDNESDAY

Meta-Fit	5:30 - 6:00pm
Cardio Abs	6:00 - 6:30pm

### THURSDAY

Meta-Fit	7:15 - 7:45am
Cardio Abs	6:15 - 6:45pm

### FRIDAY

Meta-Fit	11:30 - 12:00pm
HIIT	5:45 - 6:15pm

## P PIONEER

### MONDAY

### CLASS TIME

### INSTRUCTOR

Legs & Glutes HIIT	9:15 - 10:00am	Natalie
Legs & Glutes HIIT	10:15 - 11:00am	Natalie
Metafit	6:00 - 6:45pm	Dawn
Metafit	7:00 - 7:45pm	Dawn

### TUESDAY

Upper body & Core HIIT	9:15 - 10:00am	Natalie
Upper body & Core HIIT	10:15 - 11:00am	Natalie
Legs & Glutes HIIT	6:00 - 6:45pm	Dawn
Legs & Glutes HIIT	7:00 - 7:45pm	Dawn

### WEDNESDAY

Bootcamp	9:15 - 10:00am	Mike
Bootcamp	10:15 - 11:00am	Mike
Upper body & Core HIIT	6:00 - 6:45pm	Dawn
Upper body & Core HIIT	7:00 - 7:45pm	Dawn

### THURSDAY

Full body Tabata training	9:15 - 10:00am	Natalie
Full body Tabata training	10:15 - 11:00am	Natalie
Bootcamp	6:00 - 6:45pm	Mike
Bootcamp	7:00 - 7:45pm	Mike

### FRIDAY

Legs & Glutes HIIT	9:15 - 10:00am	Natalie
Legs & Glutes HIIT	10:15 - 11:00am	Natalie
Metafit	6:00 - 6:45pm	Dawn
Metafit	7:00 - 7:45pm	Dawn

### SATURDAY

Full body Tabata training	9:15 - 10:00am	Natalie
Full body Tabata training	10:15 - 11:00am	Natalie

# ONLINE CLASS TIMETABLE

MONDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
HIIT	4:30 - 5:00pm	Gym Team
Body Combat	5:30 - 6:15pm	Ruth
Weights Class	6:30 - 7:00pm	Ruth

TUESDAY	CLASS TIME	INSTRUCTOR
40:20 Yoga	9:30 - 10:30am	Elli
Healthy Hearts	11:00 - 11:30am	Julie
Fit Step	12:00 - 12:45pm	Janet
Low Mobility	1:30 - 2:15pm	Julie
HIIT	4:30 - 5:00pm	Gym Team
HIIT	6:30 - 7:00pm	Gyms Team

WEDNESDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Weight Management	10:30 - 11:15am	Janet
Pilates	10:45 - 11:45am	Suzanne
Fit Step	12:00 - 12:45pm	Janet
Low Mobility	1:00 - 1:45pm	Julie
Healthy Hearts	2:00 - 2:30pm	Julie
HIIT	5:30 - 6:00pm	Gym Team
Kettlebell Core	6:00 - 6:30pm	Gym Team
Yoga	6:30 - 7:30pm	Elli

THURSDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Circuit Lite	10:45 - 11:30am	Ruth
Weight Management	11:15 - 12:00pm	Janet
Yoga	12:15 - 1:15pm	Elli
Weighted Class	5:30 - 6:00pm	Ruth
Body Combat	6:15 - 7:00pm	Ruth

FRIDAY	CLASS TIME	INSTRUCTOR
Tone Zone	9:30 - 10:30am	Ruth
Pilates	12:00 - 1:00pm	Suzanne
Fit Step	12:45 - 1:30pm	Janet

SATURDAY	CLASS TIME	INSTRUCTOR
Yoga	9:30 - 10:30am	Elli

## CLASS TYPE KEY

- **CARDIO**
- **HOLISTIC CONDITIONING**
- **TONING**
- **DANCE**
- **EDUCATIONAL**

## Where can I find them?

### MEMBERS:

1. Create an account via your unique code in your emails.
2. Once done, login at [www.movegb.com/rossendale](http://www.movegb.com/rossendale) Or download the MoveGB app.

\*This method should NOT ask for payment.

### PAYG:

1. Create an account at [www.movegb.com/rossendale](http://www.movegb.com/rossendale) Or download the MoveGB app.

Search for your favourite classes and add them to 'My Bookings'

Any problems, send us a message.

