

GROUP FITNESS TIMETABLE



ADRENALINE

	MONDAY	CLASS TIME	INSTRUCTOR	LOCATION
★	Tone Zone*	9:30 - 10:30am	Chloe	Studio
	Advanced Tai Chi	12:45 - 1:45pm	Helena/David	Studio
	Beginners Tai Chi	2:00 - 3:00pm	Helena/David	Studio
★	Body Combat	5:30 - 6:15pm	Ruth	Studio
★	Weighted Class	6:30 - 7:00pm	Ruth	Studio
★	Zumba	7:15 - 8:15pm	Sammy	Hall
★	Yoga	7:30 - 8:30pm	Elli	Studio
	TUESDAY			
★	40:20 Yoga	9:30 - 10:30am	Elli	Studio
	Circuit Lite	10:45 - 11:45am	Fitness Team	Studio
	Indoor Cycling	4:30 - 5:15pm	Anthony	Studio
★	Kettlebell Workout	5:30 - 6:30pm	Diana	Hall
	Indoor Cycling	5:45 - 6:30pm	Anthony	Studio
★	HIIT Step	7:15 - 7:45pm	Vicky	Hall
	Indoor Cycling	7:00 - 7:45pm	Angela	Studio
★	Zumba	8:00 - 9:00pm	Jennifer	Hall
	Indoor Cycling	8:15 - 9:00pm	Angela	Studio
	WEDNESDAY			
★	Tone Zone*	9:30 - 10:30am	Ruth	Studio
★	Pilates	10:45 - 11:45pm	Suzanne	Studio
	Beginners Tai Chi	2:00 - 3:00pm	Helena/David	Studio
★	HIIT	5:00 - 5:30pm	Tracey	Studio
★	Yoga	6:30 - 7:30pm	Elli	Studio
	Beginners Tai Chi	7:45 - 8:45pm	Helena/David	Studio
	THURSDAY			
★	Zumba	11:00 - 12:00pm	Sammy	Hall
★	Yoga	12:15 - 1:15pm	Elli	Studio
★	Hooperobics	5:00 - 6:00pm	Laura	Hall
★	Weighted Class	5:30 - 6:00pm	Ruth	Studio
★	Body Combat	6:15 - 7:00pm	Ruth	Studio
	FRIDAY			
★	Tone Zone*	9:30 - 10:30am	Anna	Studio
	Beginners Tai Chi	10:45 - 11:45am	Helena/David	Studio
★	Pilates	12:15 - 1:00pm	Suzanne	Studio
★	HIIT Step	5:30 - 6:00pm	Chloe	Studio
★	Body Conditioning	6:15 - 7:00pm	Chloe	Studio
	SATURDAY			
★	Yoga	8:45 - 9:45am	Elli	Studio
★	Yoga	10:00 - 11:00am	Elli	Studio
	SUNDAY			
★	Body Conditioning	9:15 - 10:15am	Tracey	Studio
★	Pilates	10:30 - 11:30am	Tracey	Studio

*no creche available



PIONEER

INDOOR CLASSES

	MONDAY	CLASS TIME	INSTRUCTOR
	HIIT Step	9:30 - 10:15am	Natalie
	HIIT Step	6:00 - 6:45pm	Natalie
	Indoor Cycling	7:00 - 7:45pm	Dawn
	Yoga	7:45 - 8:30pm	Vicky
	TUESDAY		
	Spin Circuit	9:30 - 10:30am	Natalie
	Indoor Cycling	6:00 - 6:45pm	Dawn
	Pilates	7:00 - 8:00pm	Suzanne
	WEDNESDAY		
	Bootcamp	9:15 - 10:00am	Mike
	HIIT Step	10:15 - 10:45am	Natalie
	Pilates	11:00 - 12:00pm	Laura
	Zumba	6:00 - 7:00pm	Diana
	HIIT Step	7:15 - 8:00pm	Dawn
	THURSDAY		
	Indoor Cycling	9:30 - 10:15am	Natalie
	Spin Circuit	6:00 - 7:00pm	Dawn
	Kettlebell Workout	7:15 - 8:15pm	Vic
	FRIDAY		
	HIIT Step	9:30 - 10:15am	Natalie
	Dance-Cycle	10:15 - 11:00am	Annie
	Tai Chi	11:15 - 12:15pm	Anne
	Meta-Fit	6:00 - 6:45pm	Dawn
	HIIT Step	7:00 - 7:45pm	Dawn
	SATURDAY		
	Indoor Cycling	9:30 - 10:15am	Dawn
	HIIT Step	10:30 - 11:15am	Natalie



MARL PITS

OUTDOOR CLASSES

	MONDAY	CLASS TIME	INSTRUCTOR
	Meta-Fit	7:15 - 7:45am	Fitness Team
	Cardio Abs	9:15 - 9:45am	Fitness Team
	Meta-Fit	4:30 - 5:00pm	Fitness Team
	TUESDAY		
	Meta-Fit	4:30 - 5:00pm	Fitness Team
	Meta-Fit	7:30 - 8:00pm	Fitness Team
	WEDNESDAY		
	Meta-Fit	5:30 - 6:00pm	Fitness Team
	Cardio Abs	6:15 - 6:45pm	Fitness Team
	THURSDAY		
	Meta-Fit	7:15 - 7:45am	Fitness Team
	HIIT	6:00 - 6:30pm	Fitness Team
	FRIDAY		
	Meta-Fit	11:30 - 12:00pm	Fitness Team
	HIIT	5:45 - 6:15pm	Fitness Team

CLASS TYPE KEY

- **CARDIO**
- **HOLISTIC CONDITIONING**
- **TONING**
- **DANCE**
- **AQUA**
- ★ **ONLINE CLASSES**

Download our app to support you on your fitness journey!



PLUS

ONLINE CLASSES
join in with our classes from home!



ONLINE CLASS TIMETABLE

MONDAY

9:30am - 10:30am	Tone Zone
5:30pm - 6:15pm	Body Combat
6:30pm - 7:00pm	Weighted Class
7:15pm - 8:15pm	Zumba
7:30pm - 8:30pm	Yoga

TUESDAY

9:30am - 10:30am	Yoga
5:30pm - 6:30pm	Kettlercise
7:15pm - 7:45pm	HiiT Step
8:00pm - 9:00pm	Zumba

WEDNESDAY

9:30am - 10:30am	Tone Zone
10:45am - 11:45am	Pilates
5:00pm - 5:30pm	HiiT
6:30pm - 7:30pm	Yoga

THURSDAY

11:00am - 12:00pm	Zumba
12:15pm - 1:15pm	Yoga
5:00pm - 6:00pm	Hooperobics
5:30pm - 6:00pm	Weighted Class
6:15pm - 7:00pm	Body Combat

FRIDAY

9:30am - 10:30am	Tone Zone
12:15pm - 1:15pm	Pilates
5:30pm - 6:00pm	HiiT Step
6:15pm - 7:00pm	Body Conditioning

SATURDAY

8:45am - 9:45am	Yoga
10:00am - 11:00am	Yoga

FRIDAY

9:15am - 10:15am	Body Conditioning
10:30am - 11:30am	Pilates

Where can I find them?

MEMBERS:

1. Create an account via your unique code in your emails, or email emily.cryer@rltrust.co.uk for a new code.
2. Once done, login at www.movegb.com/rossendale or download the MoveGB app.

PAYG:

1. Create an account at www.movegb.com/rossendale or download the MoveGB app.

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

And you're ready to go!