



Group Fitness Timetable

1st November – 31st December

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7.15 - 8.00 Indoor Cycling Studio 2 Andy Hogg	7.15 - 8.00 Indoor Cycling Studio 2 Andy Hogg	7.15 - 8.00 Indoor Cycling Studio 2 Jenn Dick	7.15 - 8.00 Indoor Cycling Studio 2 Elysa Ioannou	7.15 - 8.00 Indoor Cycling Studio 2 Alison Haslam	9.15 - 10.00 Indoor Cycling Studio 2 Kristie Barclay	9.15 - 10.00 Indoor Cycling Studio 2 Andy Hogg
	7.15 - 8.00 Les Mills BODYPUMP Studio 1 Alison Haslam	7.15 - 8.00 LBT Studio 1 Alison Haslam	7.15 - 8.00 Cardio Conditioning Studio 1 Alison Haslam	7.15 - 8.00 Les Mills BODYATTACK Studio 1 Sharon Mattis	7.15 - 8.00 Indoor Circuits Studio 1 Elysa Ioannou	9.15 - 10.00 Yoga Studio 1 Helena Turner	9.15 - 10.00 Yoga & Meditation Studio 1 Helena Turner
	8.15 - 9.00 Step Studio 1 Alison Haslam	8.15 - 9.00 Les Mills BODYATTACK Studio 1 Sharon Mattis	8.15 - 9.00 Les Mills BODYPUMP Studio 1 Alison Haslam	8.15 - 9.00 HIIT Studio 1 Alison Haslam	8.15 - 9.00 Yoga Studio 1 Chris Saunders	10.15 - 11.00 Indoor Cycling Studio 2 Natalie Grinvalds	10.15 - 11.00 Indoor Cycling Studio 2 Emma Garrard
						10.15 - 11.00 Les Mills BODYPUMP Studio 1 Chris Nichols	10.15 - 11.00 Indoor Bootcamp Studio 1 Alison Haslam
						11.15 - 12.00 Indoor Cycling Studio 2 Natalie Grinvalds	11.15 - 12.00 Indoor Cycling Studio 2 Alison Haslam
						11.15 - 12.00 Zumba Studio 1 Emma Garrard	
Lunch	12.15 - 13.00 Indoor Cycling Studio 2 Natalie Grinvalds	12.15 - 13.00 Indoor Cycling Studio 2 Natalie Grinvalds	12.15 - 13.00 Les Mills GRIT Studio 1 Lesley Amour	12.15 - 13.00 Indoor Cycling Studio 2 Rob Clement	12.15 - 13.00 Indoor Cycling Studio 2 Rob Clement		
	12.15 - 13.00 Box Fit Studio 1 Rob Clement	12.15 - 13.00 Indoor Bootcamp Studio 1 Rob Clement	12.15 - 13.00 Indoor Cycling Studio 2 Lynn Sykes	12.15 - 13.00 Zumba Studio 1 Amy Cantor	12.15 - 13.00 Les Mills BODYPUMP Studio 1 Alison Haslam		
Evening	17.15 - 18.00 Indoor Cycling Studio 2 Andy Hogg	17.15 - 18.00 Yoga & Meditation Studio 1 Helena Turner	17.15 - 18.00 Dance Fit Studio 1 Emma Garrard	17.15 - 18.00 LBT Studio 1 Lynn Sykes	17.15 - 18.00 Indoor Cycling Studio 2 Natalie Grinvalds		
	17.15 - 18.00 Yoga Studio 1 Helena Turner	18.15 - 19.00 Zumba Toning Studio 1 Amy Cantor	17.15 - 18.00 Indoor Cycling Studio 2 Natalie Grinvalds	19.15 - 20.00 Indoor Cycling Studio 2 Jonny Fraser	17.15 - 18.00 Zumba Studio 1 Emma Garrard		
		19.15 - 20.00 Indoor Cycling Studio 2 Emma Woods	19.15 - 20.00 Les Mills BODYATTACK Studio 1 Chris Nichols		18.15 - 19.00 LBT Studio 1 Emma Garrard		

Indoor Cycling
Circuit / High Intensity Interval
Aerobic & toning
Relax, recharge and invigorate
Dance based fitness
LES MILLS

Book online: online.sport-sheffield.com
 Email: info@sport-sheffield.com
 Tel: 01142226999

Sport Sheffield reserves the right to amend times and withdraw products
 Instructors for each class may change due to availability