

Group Fitness Timetable (September 1st to Oct 31st)

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Monday	7.15 - 8.00 Indoor Cycling (Studio 2) Andy Hogg	7.15 - 8.00 Les Mills - Body Pump (Studio 1) Alison Haslam	8.15 - 9.00 Step (Studio 1) Alison Haslam	12.15 - 13.00 Indoor Cycling (Studio 2) Natalie Grinvald	12.15 - 13.00 Box Fit (Studio 1) Rob Clement	17.15 - 18.00 Indoor Cycling (Studio 2) Andy Hogg	17.15 - 18.00 Yoga (Studio 1) Helena Turner	
Tuesday	7.15 - 8.00 Indoor Cycling (Studio 2) Andy Hogg	7.15 - 8.00 LBT (Studio 1) Alison Haslam	8.15 - 9.00 Les Mills - Body Attack (Studio 1) Sharon Mattis	12.15 - 13.00 Indoor Cycling (Studio 2) Natalie Grinvald	12.15 - 13.00 Indoor Bootcamp (Studio 1) Rob Clement	17.15 - 18.00 Yoga & Meditation (Studio 1) Helena Turner	18.15 - 19.00 Zumba Toning (Studio 1) Amy Cantor	19.15 - 20.00 Indoor Cycling (Studio 2) Andy Hogg
Wednesday	7.15 - 8.00 Indoor Cycling (Studio 2) Elysa Ioannou	7.15 - 8.00 Cardio Conditioning (Studio 1) Alison Haslam	8.15 - 9.00 Les Mills - Body Attack (Studio 1) Alison Haslam	12.00-12.45 Les Mills - Grit (Studio 1) Lesley Amour	12.15 - 13.00 Indoor Cycling (Studio 2) Lynn Sykes	17.15 - 18.00 Dance Fit (Studio 1) Emma Garrard	17.15 - 18.00 Indoor Cycling (Studio 2) Natalie Grinvald	19.15 - 20.00 Les Mills - Body Attack (Studio 1) Chris Nichols
Thursday	7.15 - 8.00 Indoor Cycling (Studio 2) Jenn Dick	7.15 - 8.00 Les Mills - Body Attack (Studio 1) Sharon Mattis	08.15 - 9.00 Hiit (Studio 1) Alison Haslam	12.15 - 13.00 Indoor Cycling (Studio 2) Rob Clement	12.15 - 13.00 Zumba (Studio 1) Amy Cantor	17.15 - 18.00 Cardio Conditioning (Studio 1) Lynn Sykes	19.15 - 20.00 Indoor Cycling (Studio 2) Jonny Fraser	
Friday	7.15 - 8.00 Indoor Cycling (Studio 2) Alison Aslam	7.15 - 8.00 Indoor Circuits (Studio 1) Elysa Ioannou	8.15 - 9.00 Yoga (Studio 1) Chris Saunders	12.15 - 13.00 Indoor Cycling (Studio 2) Rob Clement	12.15 - 13.00 Les Mills - Body Pump (Studio 1) Alison Haslam	17.15 - 18.00 Indoor Cycling (Studio 2) Jonny Fraser	17.15 - 18.00 Zumba (Studio 1) Emma Garrard	18.15 - 19.00 LBT (Studio 1) Emma Garrard
Saturday	9.15 - 10.00 Indoor Cycling (Studio 2) Kristie Barclay	9.15 - 10.00 Yoga (Studio 1) Helena Turner	10.15 - 11.00 Indoor Cycling (Studio 2) Natalie Grinvald	10.15 - 11.00 Les Mills - Body Pump (Studio 1) Chris Nichols	11.15 - 12.00 Indoor Cycling (Studio 2) Natalie Grinvald			
Sunday	9.15 - 10.00 Indoor Cycling (Studio 2) Andy Hogg	9.15 - 10.00 Yoga & Meditation (Studio 1) Helena Turner	10.15 - 11.00 Indoor Cycling (Studio 2) Natalie Grinvald	10.15 - 11.00 Indoor Bootcamp (Studio 1) Alison Haslam	11.15 - 12.00 Indoor Cycling (Studio 2) Natalie Grinvald	11.15 - 12.00 50/50 (Studio 1) Emma Garrard		

Book online: online.sport-sheffield.com

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