

## CLASS TIMETABLE JUNE- AUG 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>RUN X</b> 06:45 30 mins Andy	<b>METAFIT®</b> 06:45 30 mins Aiden	<b>HIIT</b> 06:45 30 mins Jake	<b>CYCLE 30</b> 6:45 30 mins Jake	<b>COR'BLIMEY®</b> 06:45 30 mins Jake/Andy	<b>Park Run Tourist!</b> 9:00 See Members Board for Schedule	<b>Classes take place at The Sports Village, Honeywell Lane, Barnsley S75 1BP</b>
<b>CYCLE 30</b> 17:30 30 mins Joanne	<b>COR'BLIMEY®</b> 12:00 30 mins Andy				<b>METAFIT®</b> 9:15 30 mins Callum / James	
<b>METAFIT®</b> 18:00 30 mins Aiden/James/Callum	<b>CIRCUIT</b> 17:30 45 mins James/Joanne	<b>KETTLERCISE®</b> 17:45 30 mins Aiden/Andy	<b>CYCLE 45</b> 18:00 45 mins Joanne	<b>METAFIT®</b> 17:30 30 mins Aiden/James/Callum	<b>BOOTCAMP</b> 10:00 60 mins Jake	
<b>PILATES</b> 18:30 45 mins Aiden	<b>BATTLEROPE/WEIGHTS</b> 19:00 60 mins Jake	<b>BOXFIT</b> 18:15 30 mins Aiden/Andy	<b>CIRCUIT</b> 19:00 45 mins James	<b>VIRTUAL SPIN</b> 19:00 45 mins	<b>SUNDAY</b>	
<b>ENDURANCE CIRCUIT</b> 19:30 60 mins Jake		<b>PILATES</b> 19:00 45 mins Aiden			<b>VIRTUAL SPIN</b> 10:00 45 mins	
<b>CARDIO</b>	<b>STRENGTH &amp; CONDITIONING</b>			<b>MIND - BODY - BALANCE</b>		

FREE TO SPORTS VILLAGE MEMBERS - 01226 216342