

Monday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
08:00 - 09:00	Body Combat	Virtual	Main Studio
08,05-08:50	RPM	Virtual	Cycling Studio
09:00 - 10:00	Sh'Bham	Virtual	Main Studio
10:15-11:00	RPM	Virtual	Cycling Studio
11:15 - 12:00	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:15 - 14:00	RPM	Virtual	Cycling Studio
14:15 - 15:00	RPM	Virtual	Cycling Studio
15:00 - 16:00	Body Combat	Virtual	Main Studio
15:15-16:00	RPM	Virtual	Cycling Studio
16:00 - 16:30	CX Works	Virtual	Main Studio
16:15-17:00	RPM	Virtual	Cycling Studio
19:00 - 19:30	RPM	Virtual	Cycling Studio
20:00 - 21:00	RPM	Virtual	Cycling Studio
21:00 - 22:00	RPM	Virtual	Cycling Studio

Timetable correct as of 3/9/18October 2018

Please check www.everyoneactive.com for any timetable changes.

Tuesday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
07:45 - 08:30	RPM	Virtual	Cycling Studio
08:00 - 08:45	Sh'Bham	Virtual	Main Studio
08:45 - 09:30	RPM	Virtual	Cycling Studio
10:15 - 11:00	RPM	Virtual	Cycling Studio
11:15 - 12:00	RPM	Virtual	Cycling Studio
12:00 - 13:00	Body Combat	Virtual	Main Studio
12:50 - 13:35	RPM	Virtual	Cycling Studio
13:50 - 14:35	RPM	Virtual	Cycling Studio
14:50 - 15:35	RPM	Virtual	Cycling Studio
15:50 - 16:35	RPM	Virtual	Cycling Studio
15:55 - 16:50	Body Pump	Virtual	Main Studio
21:00 - 21:45	RPM	Virtual	Cycling Studio
21:15-22:00	Body Balance	Virtual	Main Studio

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Wednesday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
08:00 - 08:30	Body Combat	Virtual	Main Studio
08:00 - 08:45	RPM	Virtual	Cycling Studio
11:15 - 12:00	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:50 - 14:35	RPM	Virtual	Cycling Studio
14:50 - 15:35	RPM	Virtual	Cycling Studio
15:00 - 15:45	Body Pump	Virtual	Main Studio
15:50 - 16:00	RPM	Virtual	Cycling Studio
16:05 - 16:35	CX Works	Virtual	Main Studio
16:15 - 17:00	RPM	Virtual	Cycling Studio
20:00 - 21:00	RPM	Virtual	Cycling Studio
21:00 - 22:00	RPM	Virtual	Cycling Studio

Timetable correct as of 3/9/18October 2018

Thursday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
08:00 - 09:00	Body Combat	Virtual	Main Studio
08:00 - 08:45	RPM	Virtual	Cycling Studio
09:00-09:45	Sh'Bham	Virtual	Main Studio
09:00 - 09:45	RPM	Virtual	Cycling Studio
10:05 - 10:50	RPM	Virtual	Cycling Studio
11:10-11:55	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:15 - 14:00	RPM	Virtual	Cycling Studio
15:45 - 16:45	Body Balance	Virtual	Main Studio
16:15-17:00	RPM	Virtual	Cycling Studio
19:00 - 19:45	RPM	Virtual	Cycling Studio
20:00 - 20:45	RPM	Virtual	Cycling Studio
21:00 - 21:45	RPM	Virtual	Cycling Studio
21:15-21:45	Body Combat	Virtual	Main Studio

Timetable correct as of 3/9/18October 2018

Friday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
08:00 - 08:45	Sh'Bham	Virtual	Main Studio
08:00 - 08:45	RPM	Virtual	Cycling Studio
09:00 - 10:00	Body Combat	Virtual	Main Studio
09:00 - 09:45	RPM	Virtual	Cycling Studio
10:05 - 10:50	RPM	Virtual	Cycling Studio
11:10 - 11:55	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:15 - 14:00	RPM	Virtual	Cycling Studio
14:15 - 15:00	RPM	Virtual	Cycling Studio
15:15 - 16:00	RPM	Virtual	Cycling Studio
19:00 - 19:45	RPM	Virtual	Cycling Studio
20:00 - 20:45	RPM	Virtual	Cycling Studio
21:00 - 21:45	RPM	Virtual	Cycling Studio
21:15-22:00	Body Balance	Virtual	Main Studio

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Saturday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
10:15 - 11:00	RPM	Virtual	Cycling Studio
11:15 - 12:00	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:15 - 14:00	RPM	Virtual	Cycling Studio
14:15 - 15:00	RPM	Virtual	Cycling Studio
15:15 - 16:00	RPM	Virtual	Cycling Studio
15:20-16:05	Body Pump	Virtual	Main Studio
16:15 - 17:10	Body Combat	Virtual	Main Studio
17:15 - 17:45	CX Works	Virtual	Main Studio
18:00 - 19:00	Body Balance	Virtual	Main Studio
18:15-19:00	RPM	Virtual	Cycling Studio
19:15 - 20:00	RPM	Virtual	Cycling Studio
19:15-20:10	Body Combat	Virtual	Main Studio
20:15 - 21:00	RPM	Virtual	Cycling Studio
20:30 - 21:00	CX Works	Virtual	Main Studio

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Sunday

Virtual Group Exercise Programme

Horfield Leisure Centre

TIME	CLASS	INSTRUCTOR	LOCATION
08:15 - 09:15	Body Combat	Virtual	Main Studio
08:15-09:00	RPM	Virtual	Cycling Studio
09:15 - 09:45	CX Works	Virtual	Main Studio
09:50 - 10:35	Sh'Bham	Virtual	Main Studio
11:15 - 12:00	RPM	Virtual	Cycling Studio
12:15 - 13:00	RPM	Virtual	Cycling Studio
13:15 - 14:00	RPM	Virtual	Cycling Studio
14:15 - 15:00	RPM	Virtual	Cycling Studio
15:00 - 15:45	Sh'Bham	Virtual	Main Studio
15:15 - 16:00	RPM	Virtual	Cycling Studio
15:55 - 16:25	CX Works	Virtual	Main Studio
16:15 - 17:00	RPM	Virtual	Cycling Studio
17:15-18:00	RPM	Virtual	Cycling Studio
18:30 - 19:15	RPM	Virtual	Cycling Studio
19:30 - 20:15	RPM	Virtual	Cycling Studio
20:30 - 21:15	RPM	Virtual	Cycling Studio

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