

# GROUP FITNESS TIMETABLE

## 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	5:45 - 6:15pm	Fitness Team
FRIDAY		
Meta-Fit	11:30 - 12:00pm	Fitness Team
HIIT	5:45 - 6:15pm	Fitness Team

**PLUS**

Adult members  
can book online!

Contact Reception or email  
Jamie.Mulrooney@rltrust.co.uk  
for more info



## 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

### CLASS TYPE KEY

- CARDIO
- HOLISTIC CONDITIONING
- TONING
- DANCE
- AQUA
- ★ ONLINE CLASSES
- UP & ACTIVE CLASS



## 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
★ Indoor Cycling	7:00 - 7:45pm	Angela	Studio
★ HiIT Step	7:15 - 7:45pm	Vicky	Hall
★ 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			
★ Circuit Lite	10:30 - 11:30am	Ruth	Studio
★ Zumba	11:00 - 12:00pm	Sammy	Studio
★ Yoga	12:15 - 1:15pm	Elli	Studio
★ Hooperobics	5:15 - 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	Ruth	Studio
★ Beginners Tai Chi	10:45 - 11:45am	Helena/David	Studio
★ Pilates	12:00 - 12:45pm	Suzanne	Studio
★ Fit Step	12:45 - 1:30pm	Janet	Hall
★ 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

# 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
5:15pm - 6:00pm	Hooperobics
5:30pm - 6:00pm	Weighted Class
6:15pm - 7:00pm	Body Combat

## FRIDAY

9:30am - 10:30am	Tone Zone
12:00pm - 12:45pm	Pilates
5:30pm - 6:00pm	HiiT Step
6:15pm - 7:00pm	Body Conditioning

## SATURDAY

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

## SUNDAY

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](mailto:emily.cryer@rltrust.co.uk) for a new code.
2. Once done, login at [www.movegb.com/rossendale](http://www.movegb.com/rossendale) or download the MoveGB app.

### PAYG:

1. Create an account at [www.movegb.com/rossendale](http://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!