

# SPORTS PARK

at NORTHERN GATEWAY

## Morning Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30-07:00 GRIT - Strength Virtual	06.30 - 07.00 GRIT - Cardio Virtual	06:15-07:15 BodyPump Virtual	06:30-07:00 Circuits Christina Foreman	06.15 - 07.15 Body Combat Virtual	08:30-09:00 GRIT - Cardio Virtual	08.15 - 09.00 Body Pump Virtual
09:30-10:15 BodyPump Bryony Cain	09:30-10:15 BodyCombat Emma Norrington	09.30 - 10.00 GRIT - Strength Virtual	09.15 - 10.15 Body Pump Virtual	09:30-10:30 Body Balance Karen Maze	09:15-10:15 Body Pump Bryony Cain	09:15-10:00 Body Combat Virtual
10:30-11:15 Body Balance Bryony Cain	10.30 - 11.15 BodyPump Emma Norrington	10:30-11:30 Yoga Claire Reynolds	10:30-11:15 BodyCombat Michelle Everett	10:45-11:15 HIIT Christina Foreman	10:30-11:30 Pilates Bryony Cain	10:15-11:15 Yoga Arlene McGill

## Afternoon Classes

12.15 - 12.45 GRIT - Athletic Virtual	12.15 - 13.15 Body Balance Virtual	12.15 - 13.15 Body Combat Virtual	12.15 - 12.45 GRIT - Strength Virtual	12.15 - 13.15 Body Combat Virtual
13.00 - 14.00 Body Pump Virtual	13.30 - 14.30 GRIT - Strength Virtual	13.30 - 14.30 Body Balance Virtual	13.00 - 14.00 Body Combat Virtual	13.30 - 14.00 GRIT - Cardio Virtual
16.00 - 16.30 Body Balance Virtual	16.00 - 16.30 Body Pump Virtual	16.30 - 17.00 Body Combat Virtual	16.00 - 16.30 Grit - Cardio Virtual	16.00 - 16.30 Body Balance Virtual
16.45 - 17.30 Body Combat Virtual	16.45 - 17.30 Body Balance Virtual	17.15 - 17.45 GRIT - Strength Virtual	16.45 - 17.15 Body Pump Virtual	16.45 - 17.15 Body Combat Virtual

## Evening Classes

18:00-19:00 Body Combat Michelle Everett	17:45-18.30 Body Pump Virtual	18:00-19:00 BodyPump Vicky Butcher	17:50 - 18:50 Body Combat Virtual	18.00-18.30 GRIT - Strength Virtual
19:15-20:15 HIIT Christina Foreman	18:45-19:45 Body Balance Becky Pope	19:15-20:15 Yoga Arlene McGill	19:00-20:00 Body Balance Becky Pope	18.45-19.45 Pilates Debora Hannabell
20:20-21:20 Body Balance Virtual	20:00-21:00 Body Combat Virtual	20.30 - 21.00 GRIT Athletic Virtual		