

Fitness & Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Classes 06.00 - 08.55	7.45 - 8.40 Water Workout £8.75 P		7.45 - 8.40 WaterWorkout £8.75 P	7.45 - 8.40 Water Workout £8.75 P	7.45 - 8.40 Water Workout £8.75 P	8.00 - 8.45 HYROX £8.75 G/PHZ	
						8.00 - 8.55 Yoga £11.40 S	
						9.05 - 9.50 Ride for Fitness £8.60 C	
Classes 09.00 - 11.55	9.30 - 10.35 Body Pump £9.45 AS	9.30 - 10.25 Total Body Workout £8.75 AS	9.30 - 10.15 Ride Rhythm £8.60 C	9.10 - 9.55 Body Pump £9.10 AS	9.30 - 10.15 Yoga/ Pilates £11.40 S	9.00 - 9.55 Body Pump £9.45 AS	9.00 - 9.55 Yoga Like Sunday £11.40 S
	9.30 - 10.15 Ride Rhythm £8.60 C	9.30 - 10.15 Pilates For All £11.40 S	9.30 - 10.15 Body Balance £11.40 S	9.30 - 10.15 Ride Colour £8.60 C	9.30 - 10.25 Total Body Workout £8.75 AS	10.05 - 10.35 Ride Colour NEW £5.40 C	9.00 - 9.55 Body Pump £9.45 AS
	9.30 - 10.15 Pilates Classic £11.40 S	09.45 - 10.30 Body Blast £8.75 PHZ	09.45 - 10.30 PowerHouse £8.75 PHZ	10.30 - 11.15 Pilates Classic £11.40 S	9.45 - 10.30 PowerHouse £8.75 PHZ	10.15 - 11.10 Zumba £8.75 AS	10.00 - 10.45 Barre £11.40 S
	10.30 - 11.15 Ride Colour £8.60 C	10.30 - 11.15 Yoga Fitness £11.40 S	10.30 - 11.15 Pilates Classic £11.40 S	10.30 - 11.15 Ride Rhythm £8.60 C	10.30 - 11.15 Yoga - Vinyasa Flow £11.40 S		10.00 - 10.45 Ride Rhythm £8.60 C
	10.30 - 11.15 Yoga Vinyasa £11.40 S	10.45 - 11.40 Zumba £8.75 AS	10.30 - 11.25 Back to Fitness £8.75 AS	11.30 - 12.15 Zumba £8.75 S	11.30 - 12.00 Yoga & Meditation £5.70 S		10.00 - 10.45 PowerHouse £8.75 PHZ
	10.35 - 11.20 Back to Basics £8.75 AS	11.30 - 12.15 Les Mills Shapes £9.10 S	10.45 - 11.30 Core & More £8.75 PHZ	11.30 - 12.15 Fit for Life £8.75 AS	11.30 - 12.15 Meno Strength £8.75 AS		10.45 - 11.40 Body Balance £11.40 AS
	11.30 - 12.25 Fit Steps £8.75 AS		11.30 - 12.15 Yoga Hatha £11.40 S	12.00 - 12.55 Women Who Lift £8.75 G			11.00 - 11.45 Pilates Fitness £11.40 S
	11.30 - 12.00 Restorative Yoga £5.70 S		11.35 - 12.20 Dance Fit £8.75 AS				
Classes Lunchtime	12.15 - 13.00 Yoga/Pilates £11.40 S	12.30 - 13.15 HYROX £8.75 PH/G	12.30 - 13.15 Yoga Hatha Flow £11.40 S	12.30 - 13.15 Feel Good Strength £8.75 AS	12.30 - 13.15 Ride Rhythm £8.60 C	Key = Aqua = Yoga, Pilates & Wellness = Course only = Indoor Cycling = Cardio/ Strength Classes = Dance Classes = Strength & Toning = U18's Strength Classes AS = Action Suite PHZ = PowerHouse Zone C = Cycling Centre DP = Diving Pool LP = Leisure Pool G = Gym S = Studio Classes may be subject to change	
	12.30 - 13.15 PowerHouse £8.75 PHZ	12.35 - 13.20 Meno Strength £8.75 AS	12.30 - 13.15 Ride Colour £8.60 C	12.30 - 13.15 Stretch & Mobility £8.75 S	12.30 - 13.15 Menopause Release £9.10 S		
	13.15 - 14.00 Barre £11.40 S	12.30 - 13.15 Stretch & Mobility £8.75 S	13.30 - 14.00 Yoga Restorative £5.70 S	13.30 - 14.15 KettleflowYOGA £8.75 AS	12.30 - 13.15 HYROX £8.75 PHZ		
		13.30 - 14.15 Menopause Release £9.10 S		13.30 - 14.15 Pilates NEW £11.40 S	13.30 - 14.15 Pilates Foundation £11.40 S		
Classes 4.00pm - 9.00pm	18.00 - 18.45 Zumba £8.75 AS	17.00 - 17.45 Pilates Classic £11.40 G	16.00 - 17.00 PowerHouse U18 G	16.00 - 17.00 PowerHouse U18 PHZ	16.00 - 17.00 PowerHouse U18 PHZ		
	18.00 - 18.45 Ride Colour £8.60 C	17.45 - 18.25 Women Who Lift £8.75 G	17.45 - 18.15 Ride HIIT £5.40 C	17.30 - 18.15 Ride Rhythm £8.60 C	17.45 - 18.15 Ride Podium £5.40 C		
	18.00 - 18.55 Yoga £11.40 S	18.00 - 18.45 Ride Rhythm £8.60 C	18.00 - 18.45 Les Mills Strength £9.10 AS	18.15 - 19.00 Body Pump £9.10 AS	17.45 - 18.30 Les Mills Strength £9.10 AS		
	18.00 - 18.55 HiIT & Core £8.75 G	18.15 - 19.00 LM Pilates £11.40 S	18.00 - 18.55 Yoga Ashtanga £11.40 S	18.00 - 18.55 Pilates Flow £11.40 S	18.00 - 18.55 Body Balance £11.40 S		
	19.00 - 19.55 Body Pump £9.45 AS	18.15 - 19.00 Body Combat £9.10 AS	18.00 - 18.45 HYROX £8.75 G/PHZ	18.00 - 18.30 Kettleburn 30 £5.40 G/PHZ	18.30 - 19.15 Ride Colour £8.60 C		
		18.30 - 19.15 Range of Motion £8.75 G	18.30 - 19.25 Ride for Fitness £8.75 C	18.30 - 19.25 Ride Enduro £8.75 C			
		19.00 - 19.55 Ride Colour £8.75 C	19.00 - 19.55 Body Pump £9.45 AS	18.30 - 19.15 Aqua Aerobics NEW £8.75 P			
		19.05 - 19.50 Zumba £8.75 S	19.15 - 20.00 Les Mills Shapes £9.10 S	19.00 - 19.45 Yoga for Men £9.10 S			
		19.10 - 19.55 LBT £8.75 AS		19.05 - 20.00 Body Combat £9.45 AS			

To book or for more information visit our website www.guildfordspectrum.co.uk or call 01483 443322