

GROUP FITNESS TIMETABLE—PORTADOWN

MONDAY

06:15 - FITNESS BOOTCAMP sign up
 07:05 - SPIN 30 **
 07:05 - BODY PUMP 45 (V) **
 07:50 - CX WORX 30 (V) **
 08:20 - BODY COMBAT 60 (V) **
 09:25 - LEARN THE MOVES PUMP 5 (V) *
 09:30 - BODYPUMP 45 **
 10:15 - LEARN THE MOVES CX *
 10:20 - CX WORX 30 (V) **
 11:00 - BODYFIT MUMS (TT) ****
 12:00 - BODYFIT MUMS (TT) ****
 13:15 - BODY PUMP 30 **
 13:50 - CX WORX 30 (V) **
 14:20 - LEARN THE MOVES BODY PUMP 5 (V) *
 14:25 - BODY PUMP 60 (V) **
 15:30 - BODYCOMBAT 60 Family (V) **
 16:30 - LEARN THE MOVES COMBAT 5 (V) *
 16:35 - BODY COMBAT 45 (V) **
 17:30 - GRIT ****
 18:05 - SPIN 45 **
 18:00 - BODYPUMP 60 ****
 19:00 - FITNESS BOOTCAMP sign up
 19:00 - BODY ATTACK 30 **
 19:35 - CX WORX 25 **
 20:05 - BODY COMBAT 45 **
 20:30 - NEW MEMBER INDUCTION 30
 20:50 - LEARN THE MOVES BODY PUMP 5 (V) *
 20:55 - BODY PUMP 30 (V)

TUESDAY

06:30 - BODY COMBAT 60 (V) **
 07:00 - GYM CIRCUITS 30 ****
 07:30 - LEARN THE MOVES CX *
 07:35 - CX WORX 30 (V) **
 08:05 - LEARN THE MOVES BODY PUMP 5 (V)
 08:10 - BODY PUMP 45 (V) **
 08:55 - CX WORX 30 (V)
 09:25 - LEARN THE MOVES PUMP 5 *
 09:30 - BODY PUMP 60 (V) **
 09:30 - CIRCUITS 45 ****
 10:30 - LEARN THE MOVES COMBAT 5 *
 10:35 - BODY COMBAT 30 (V) **
 11:35 - LEARN THE MOVES PUMP 5 *
 11:40 - BODY PUMP 45 (V) **
 12:00 - BODYFIT MUMS (TT) ****
 13:15 - BODY PUMP 30 (V) **
 13:15 - SPIN 30
 13:50 - CX WORX 30 (V) **
 14:25 - BODY COMBAT 30 (V) **
 15:00 - CX WORX 30 (V) **
 15:30 - LEARN THE MOVES PUMP 5 *
 15:35 - BODY PUMP 45 (V) **
 16:00 - 10 minute GYM ****
 16:20 - BODY COMBAT 30 (V)
 16:50 - BODYPUMP 30 (V) **
 17:30 - GRIT ****
 18:00 - BODYATTACK 30 **
 18:00 - GYM WORKOUT 30 ****
 18:30 - BODY PUMP 45 **
 18:35 - SPIN 45 **
 19:15 - HIIT CIRCUITS 40 ****
 20:00 - BODY COMBAT 45 **
 20:45 - BALANCE (yoga) 45

WEDNESDAY

06:15 - FITNESS BOOTCAMP sign up
 07:05 - BODY PUMP 30 (V) **
 07:05 - SPIN 30 **
 07:35 - BODY PUMP 30 (V) **
 08:05 - CX WORX 30 (V) **
 08:35 - LEARN THE MOVES COMBAT 5
 08:40 - BODY COMBAT 45 (V)
 09:25 - LEARN THE MOVES PUMP 5 * (V)
 09:30 - BODYPUMP 45 **
 10:15 - LEARN THE MOVES PUMP 5 (V)
 10:20 - CX WORX 30 (V) **
 10:50 - LEARN THE MOVES CX WORX 5 *
 11:00 - BODYFIT MUMS (TT) ****
 12:00 - BODYFIT MUMS (TT) ****
 13:10 - LEARN THE MOVES COMBAT *
 13:15 - BODY COMBAT 30 (V) **
 13:15 - PSYCHLO HIIT 30 **
 13:45 - BODY PUMP 30 (V) **
 15:30 - BODY COMBAT 30 (V) Family **
 16:00 - BODY PUMP 45 Family (V) **
 16:45 - KIDS FITNESS 45 (primary 4-7)
 17:30 - SPIN 30 **
 17:30 - BODY COMBAT 30 (V) **
 18:00 - GRIT ****
 18:30 - SPIN 45 **
 18:30 - BODY PUMP 45 **
 19:15 - BODYCOMBAT 60 **
 19:15 - FITNESS BOOTCAMP 45 sign up
 20:15 - CIRCUITS 40

THURSDAY

06:30 - BODY PUMP 30 (V) **
 07:05 - CIRCUITS ****
 07:00 - CX WORX 30 (V) **
 07:30 - BODY COMBAT 45 (V) **
 08:15 - LEARN THE MOVES BALANCE 5 *
 08:20 - BODY BALANCE 45 (V) *
 08:25 - LEARN THE MOVES PUMP 5 (V)
 09:30 - BODY PUMP 45 **
 10:15 - LEARN THE MOVES CX *
 10:20 - CX WORX 30 (V) **
 10:50 - LEARN THE MOVES PUMP 5 *
 10:55 - BODY PUMP 60 (V) **
 12:00 - BODYFIT MUMS (TT) ****
 13:10 - LEARN THE MOVES PUMP 5 (V)
 13:15 - BODY PUMP 30 (V) **
 13:15 - GYM WORKOUT 30 ****
 13:45 - CX WORX 30 (V) **
 15:30 - LEARN THE MOVES SH'BAM *
 15:35 - SH'BAM 45 Family (V)
 16:00 - TEEN FITNESS (year 8—12)
 16:20 - BODY COMBAT 60 Family (V) **
 17:30 - GRIT 30
 18:00 - BODYCOMBAT 50 **
 18:50 - CX WORX 25
 19:15 - BODYPUMP 45 **
 19:30 - SPIN 30 **
 20:00 - GYM WORKOUT 30
 20:05 - LEARN THE MOVES BALANCE (V) *
 20:10 - BODY BALANCE (yoga) 60 (V)

FRIDAY

06:15 - FITNESS BOOTCAMP sign up
 06:35 - BODYPUMP 30 (V) **
 7:10 - BODYCOMBAT 30 (V) **
 07:15 - CIRCUITS 30 ****
 08:20 - BODY PUMP 30 (V) **
 09:25 - LEARN THE MOVES COMBAT *
 09:30 - BODY COMBAT 45 **
 10:25 - CX WORX 30 (V) **
 11:05 - LEARN THE MOVES PUMP *
 11:10 - BODY PUMP 45 (V) **
 11:55 - LEARN THE MOVES BALANCE *
 12:00 - BODY BALANCE 60 (V)
 13:10 - LEARN THE MOVES PUMP 5 (V)
 13:15 - BODY PUMP 30 (V) **
 13:15 - SPIN 30 **
 14:45 - BODY COMBAT 45 (V)
 15:30 - LEARN THE MOVES COMBAT 5 *
 15:35 - BODY COMBAT 45 family (V)
 16:20 - LEARN THE MOVES PUMP 5 *
 16:25 - BODYPUMP 60 (V) **
 17:25 - LEARN THE MOVES COMBAT 5
 17:30 - BODY COMBAT 30 (V) **
 17:30 - SPIN 30 **
 18:00 - LEARN THE MOVES BODY PUMP
 18:05 - BODYPUMP 45 **
 18:55 - CX WORX 30 (V)
 19:30 - HIIT WORKOUT 30
 20:05 - LEARN THE MOVES COMBAT 5 *
 20:10 - BODY COMBAT 60 (V) **
 20:30 - NEW MEMBER INDUCTION

(TT) = TEAM TRAINING (small group training)

(V) = VIRTUAL FITNESS CLASSES

10 | 20 | 30 | 40 | 45 | 60... = DURATION OF CLASS

Family = Kids allowed with supervision by parents only

ONE Fitness is no liable for their safety. Parents are.

SATURDAY

08:00 - BODY PUMP 30 (V) **
 08:30 - CIRCUITS 30 **
 09:05 - CX WORX 30 (V) **
 09:00 - SPIN 30 **
 09:30 - BODYCOMBAT 45 **
 10:30 - GYM WORKOUT 30
 10:15 - BODYPUMP 45 **
 11:25 - CX WORX 30 (V) **
 12:00 - BODY PUMP 60 (V) **
 12:00 - GYM WORKOUT 30 (V)
 13:10 - BODY PUMP 45 (V) **
 SUNDAY
 09:00 - BODY COMBAT 60 (V) **
 09:25 - SPIN 30 **
 10:00 - LEARN THE MOVES PUMP *
 10:00 - BODYPUMP 45 **
 10:55 - LEARN THE MOVES CX WORX *
 10:50 - CX WORX 30 (V) **
 11:30 - CIRCUITS 45
 12:20 - BODY PUMP 45 (V)



OUR BOOKING APP



'FITSense'

TRAIN SMART*

* STRENGTH & TONE

* BURN FAT

* ATHLETIC CONDITIONING

* CORE & FUNCTIONAL STRENGTH

* EDUCATION (knowledge is power!)

