

GROUP FITNESS TIMETABLE—PORTADOWN

MONDAY

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 (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 (V) *
 14:25 - BODY PUMP 60 (V) **

 15.30 - BODYCOMBAT 60 Family (V) **
 16:30 - LEARN THE MOVES COMBAT (V) *
 16:35 - BODY PUMP 45 (V) **

 17:30 - GRIT ****
 18:05- SPIN 45 **
 18.05 - BODYPUMP 60****
 19:10 - BODY ATTACK 30 **
 19:40 - CX WORX 25 **
 20:05- BODY COMBAT 45 **
 20:30 - NEW MEMBER INDUCTION 30
 20:50 - LEARN THE MOVES BODY PUMP (V) *
 20.55— BODY BALANCE 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 (V) *
 08:10 - BODY PUMP 30 (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 *
 10.35 - BODY COMBAT 30 (V) **
 11:05 - LEARN THE MOVES PUMP 5 *
 11:10- 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 *
 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 ****
 18:35 - BODY PUMP 45 **
 18.30 - SPIN 45 **
 19:20 - CIRCUITS 40 ****
 20:00- BODY COMBAT 45 **
 20:45 - BALANCE (yoga) 45

WEDNESDAY

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 (V) *
 08:40 - BODY COMBAT 45 (V) *
 09:25 - LEARN THE MOVES PUMP * (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)

 17:15 - BODY COMBAT 30 (V) **
 17.30 - SPIN 30 ***
 17:55 - GRIT ****
 18:30 - SPIN 30 **
 18.30 - BODY PUMP 45 **
 19.15 - BODYCOMBAT 60 **
 20:15 - CIRCUITS 40 ****

THURSDAY

06.30 - BODY PUMP 30 (V) **
 07.05 - CIRCUITS ****
 07.00 - CX WORX 30 (V) **
 07.30 - BODY COMBAT 30 (V) **
 08.15 - LEARN THE MOVES BALANCE *
 08.20 - BODY BALANCE 60 (V) *
 09:25 - 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 *
 10:55 - BODY PUMP 60 (V) **
 12:00 - BODYFIT MUMS (TT) ****

 13:10 - LEARN THE MOVES PUMP (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 ****
 18.00 - BODYCOMBAT 45 *
 18:45- BODYPUMP 45 **
 19:30 - SPIN 30 **
 19:35 : CX WORX 30 (V)
 20:05 - LEARN THE MOVES BALANCE (V)*
 20:10 - BODY BALANCE (yoga) 60 (V)

FRIDAY

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 **
 13:45 - CX WORX 30 (V)
 14:15 - BODY COMBAT 60 (V)

 15.25- LEARN THE MOVES COMBAT (V) *
 15.30 - BODY COMBAT 60 family (V)
 16.30 - LEARN THE MOVES PUMP 5 *
 16. 35- BODYPUMP 45 (V) **

 17.25 - LEARN THE MOVES COMBAT (V)
 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)
 19.25 - GYM WORKOUT 30
 20:00 - BODY COMBAT (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
 10.25 - BODYPUMP 45 **
 11.15 - BODYCOMBT 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!)

