RYLAND CENTRE BROMSGROVE

CLASS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:15 Kettlebells 09:30 – 10:15 Sets and reps 10:30 – 11:30 Yoga 17:30 – 18:15 Outdoor fit 17:45 – 18:30 Abs, arms and ass 18:00 – 19:00 Circuits 18:30 – 19:15 Indoor cycling 18:45 – 19:45 Pilates	06:30 - 07:00 Indoor cycling 09:15 - 10:00 Power 09:30 - 10:15 Indoor cycling 10:30 – 11:30 Yoga 11:40 - 12:40 Pilates 17:30 – 18:15 Indoor fit 18:30 – 19:15 Indoor cycling	06:30 – 07:00 Metafit 07:00 – 08:00 Pilates 08:30 - 09:15 Kettlebells 09:30 – 10:15 Abs, arms and ass 10:30 – 11:30 Pilates 17:30 – 18:15 Intervals 18:30 – 19:30 Breathwork 18:20 – 19:05 Indoor cycling 19:30 – 20:30 Yoga	08:00 - 09:00 Yoga 09:30 - 10:15 Indoor cycling 09:30 – 10:15 BLT 10:30 – 11:30 Pilates 17:45 – 18:30 Power 18:30 – 19:15 Kettlebells	09:30 – 10:15 Intervals 10:30 – 11:30 Yoga 11:30 - 12:15 Breathwork 17:30 - 18:15 Indoor cycling 18:00 – 19:00 Yoga	08:15 – 08:45 Abs blast 09:00 – 09:45 Sets and reps 09:15 - 10:00 Indoor cycling 10:00 - 11:00 Yoga	09:30 – 10:30 Yoga