

# Emirates Arena Altered Fitness Class Timetable August 2017

Please note: Due to room/venue changes some classes may have smaller capacities than normal.

Classes return to normal on Wednesday 30 August

| Sunday 13 August |              |          |                             |
|------------------|--------------|----------|-----------------------------|
| Time             | Class        | Location | Notes                       |
| 09:00 - 09:30    | Metafit      | Studio 1 |                             |
| 09:15 - 09:45    | Kinesis      | Gym      |                             |
| 09:30 - 10:15    | G-Cycle      | Studio 1 | Room change                 |
| 09:30 - 10:30    | Body Attack  | Studio 3 | Room change                 |
| 10:30 - 11:30    | Yoga         | Studio 3 |                             |
| 10:30 - 11:30    | Body Pump    | Studio 1 |                             |
| 11:30 - 12:15    | FT Fit       | Studio 3 | Room change and time change |
| 11:30 - 12:00    | Arke         | Gym      |                             |
| 11:30 - 12:15    | Body Step    | Studio 1 |                             |
| 12:15 - 13:00    | G-Cycle      | Studio 1 | Room change and time change |
| 12:30 - 13:30    | Body Balance | Studio 3 |                             |

| Monday 14 August |                   |          |             |
|------------------|-------------------|----------|-------------|
| Time             | Class             | Location | Notes       |
| 07:00 - 07:30    | Metafit           | Studio 1 |             |
| 07:00 - 07:45    | FT Fit            | Studio 3 | Room change |
| 10:00 - 11:00    | Yoga              | Studio 3 |             |
| 12:00 - 12:45    | FT Fit            | Studio 3 | Room change |
| 13:00 - 13:45    | Body Combat       | Studio 1 |             |
| 17:15 - 18:00    | RPM               | Studio 1 | Room change |
| 17:30 - 18:15    | Zumba             | Studio 3 |             |
| 18:00 - 18:45    | Body Step         | Studio 1 | Time change |
| 18:15 - 19:15    | Pilates Improvers | Studio 3 |             |
| 18:45 - 19:15    | Grit Strength     | Studio 1 | Time change |
| 19:00 - 20:00    | Body Balance      | Studio 3 |             |
| 19:15 - 20:00    | Body Pump         | Studio 1 | Time change |
| 20:00 - 20:30    | CXWorx            | Studio 1 | Time change |
| 20:30 - 21:15    | Body Attack       | Studio 1 | Time change |

| Tuesday 15 August |           |          |                             |
|-------------------|-----------|----------|-----------------------------|
| Time              | Class     | Location | Notes                       |
| 06:45 - 07:15     | Metafit   | Studio 1 |                             |
| 07:00 - 07:30     | Arke      | Gym      |                             |
| 07:15 - 08:00     | G-Cycle   | Studio 1 | Room change and time change |
| 07:15 - 08:00     | Body Pump | Studio 3 | Room change                 |
| 12:00 - 12:30     | Arke      | Gym      |                             |

|               |                      |          |                             |
|---------------|----------------------|----------|-----------------------------|
| 12:30 - 13:15 | Body Pump            | Studio 1 |                             |
| 13:45 - 14:30 | Live Active FT       | Studio 3 | Room change                 |
| 17:30 - 18:15 | Body Attack          | Studio 1 |                             |
| 18:00 - 18:45 | G-Cycle              | Studio 1 | Room change                 |
| 18:00 - 19:00 | Yoga                 | Studio 3 | Time change                 |
| 18:45 - 19:30 | BoxFit               | Studio 1 | Time change                 |
| 19:00 - 19:30 | Metafit              | Studio 3 | Room change                 |
| 19:30 - 20:15 | Kettlebells Improver | Studio 3 | Room change and time change |
| 19:30 - 20:30 | Body Combat          | Studio 1 |                             |
| 20:15 - 21:00 | Body Balance         | Studio 3 | Time change                 |
| 20:30 - 21:15 | Body Pump            | Studio 1 |                             |

| Wednesday 16 August |               |            |                             |
|---------------------|---------------|------------|-----------------------------|
| Time                | Class         | Location   | Notes                       |
| 06:45 - 07:15       | Metafit       | Studio 3   | Room change and time change |
| 07:15 - 08:00       | FT Fit        | Studio 3   | Room change and time change |
| 12:00 - 12:30       | Metafit       | Crownpoint | Venue change                |
| 12:00 - 13:00       | Yoga          | Studio 3   |                             |
| 12:30 - 13:15       | G-Cycle       | Tollcross  | Venue change                |
| 17:15 - 18:00       | Body Attack   | Studio 3   | Room change                 |
| 18:00 - 18:30       | Grit Strength | Studio 3   | Room change                 |
| 18:30 - 19:15       | Body Pump     | Studio 3   | Room change                 |
| 19:15 - 19:45       | CXWorx        | Studio 3   | Time change                 |
| 19:30 - 20:15       | G-Cycle       | Tollcross  | Venue change                |
| 19:45 - 20:15       | Metafit       | Studio 3   | Room change and time change |

| Thursday 17 August |             |            |                              |
|--------------------|-------------|------------|------------------------------|
| Time               | Class       | Location   | Notes                        |
| 07:00 - 07:30      | Arke        | Gym        |                              |
| 07:00 - 07:45      | Body Pump   | Studio 3   | Room change                  |
| 12:30 - 13:00      | Grit Cardio | Studio 3   | Room change                  |
| 17:15 - 18:00      | Yoga        | Studio 3   | Time change                  |
| 18:00 - 18:30      | Kinesis     | Gym        |                              |
| 18:00 - 19:00      | BoxFit      | Studio 3   | Room change                  |
| 19:00 - 20:00      | Tai Chi     | Studio 3   |                              |
| 19:15 - 20:00      | Body Attack | Crownpoint | Venue change and time change |
| 20:00 - 20:45      | Zumba       | Crownpoint | Venue change and time change |

| Friday 18 August |              |          |                             |
|------------------|--------------|----------|-----------------------------|
| Time             | Class        | Location | Notes                       |
| 06:45 - 07:30    | Body Combat  | Studio 3 | Room change                 |
| 07:30 - 08:15    | FT Fit       | Studio 3 | Room change and time change |
| 10:00 - 10:30    | Metafit      | Studio 3 | Room change                 |
| 10:30 - 11:30    | Body Balance | Studio 3 |                             |
| 12:00 - 13:00    | Yoga         | Studio 3 |                             |

|               |             |            |                              |
|---------------|-------------|------------|------------------------------|
| 12:30 - 13:15 | Body Pump   | Crownpoint | Venue change and time change |
| 17:15 - 18:00 | FT Fit      | Studio 3   | Room change                  |
| 18:00 - 18:45 | Body Attack | Studio 3   | Room change and time change  |
| 18:45 - 19:15 | Metafit     | Studio 3   | Room change and time change  |
| 19:15 - 20:00 | Body Pump   | Studio 3   | Room change and time change  |

| Saturday 19 August |                   |            |                                      |
|--------------------|-------------------|------------|--------------------------------------|
| Time               | Class             | Location   | Notes                                |
| 09:00 - 09:45      | Body Combat       | Studio 3   | Class duration, room and time change |
| 09:15 - 09:45      | Arke              | Gym        |                                      |
| 09:45 - 10:45      | Pilates Beginners | Studio 3   | Time change                          |
| 10:45 - 11:30      | Body Pump         | Studio 3   | Room change and time change          |
| 11:30 - 12:15      | Grit Strength     | Studio 3   | Room change and time change          |
| 11:30 - 12:00      | CXWorx            | Crownpoint | Venue change                         |
| 11:30 - 12:00      | Kinesis           | Gym        |                                      |
| 11:30 - 12:15      | RPM               | Tollcross  | Venue change                         |
| 12:30 - 13:15      | FT Fit            | Studio 3   | Room change                          |

| Sundays 20 and 27 August |              |          |                   |
|--------------------------|--------------|----------|-------------------|
| Time                     | Class        | Location | Notes             |
| 09:00 - 09:30            | Metafit      | Studio 3 | Room change       |
| 09:15 - 09:45            | Kinesis      | Gym      |                   |
| 09:30 - 10:30            | Body Attack  | Studio 3 | Room change       |
| 10:15 - 10:45            | Arke         | Gym      | to replace FT Fit |
| 10:30 - 11:30            | Body Pump    | Studio 3 | Room change       |
| 11:30 - 12:30            | Yoga         | Studio 3 | Time change       |
| 11:30 - 12:00            | Arke         | Gym      |                   |
| 12:30 - 13:30            | Body Balance | Studio 3 |                   |

| Mondays 21 and 28 August |                   |            |                              |
|--------------------------|-------------------|------------|------------------------------|
| Time                     | Class             | Location   | Notes                        |
| 07:00 - 07:30            | Metafit           | Studio 3   | Room change                  |
| 07:00 - 07:45            | Arke              | Gym        | to replace FT Fit            |
| 10:00 - 11:00            | Yoga              | Studio 3   |                              |
| 12:00 - 12:45            | FT Fit            | Studio 3   | Room change                  |
| 13:00 - 13:45            | Body Combat       | Studio 3   | Room change                  |
| 17:15 - 17:45            | Metafit           | Studio 3   | Room change                  |
| 17:45 - 18:30            | Body Step         | Studio 3   | Room change                  |
| 18:30 - 19:15            | Pilates Improvers | Studio 3   | Time change                  |
| 19:15 - 20:00            | Body Pump         | Studio 3   | Room change and time change  |
| 19:30 - 20:00            | Grit Strength     | Crownpoint | Venue change and time change |
| 20:00 - 20:30            | CXWorx            | Studio 3   | Room change and time change  |

| Tuesdays 22 and 29 August |                      |            |                                      |
|---------------------------|----------------------|------------|--------------------------------------|
| Time                      | Class                | Location   | Notes                                |
| 06:45 - 07:15             | Metafit              | Studio 3   | Room change                          |
| 07:00 - 07:30             | Arke                 | Gym        |                                      |
| 07:15 - 08:00             | Body Pump            | Studio 3   | Room change                          |
| 12:00 - 12:30             | Arke                 | Gym        |                                      |
| 12:30 - 13:15             | Body Pump            | Studio 3   | Room change                          |
| 13:45 - 14:30             | Live Active FT       | Studio 3   | Room change                          |
| 17:30 - 18:15             | Kettlebells Improver | Studio 3   | Room change and time change          |
| 18:15 - 19:15             | Yoga                 | Studio 3   | Time change                          |
| 19:15 - 19:45             | Metafit              | Studio 3   | Room change and time change          |
| 19:45 - 20:30             | BoxFit               | Studio 3   | Room change and time change          |
| 20:00 - 21:00             | Body Balance         | Crownpoint | Venue change and time change         |
| 20:30 - 21:15             | Body Combat          | Studio 3   | Class duration, room and time change |

| Wednesday 23 August |               |            |                             |
|---------------------|---------------|------------|-----------------------------|
| Time                | Class         | Location   | Notes                       |
| 06:45 - 07:15       | Metafit       | Studio 3   | Room change and time change |
| 07:15 - 08:00       | FT Fit        | Studio 3   | Room change and time change |
| 12:00 - 12:30       | Metafit       | Crownpoint | Venue change                |
| 12:00 - 13:00       | Yoga          | Studio 3   |                             |
| 12:30 - 13:15       | G-Cycle       | Tollcross  | Venue change                |
| 17:15 - 18:00       | Body Attack   | Studio 3   | Room change                 |
| 18:00 - 18:30       | Grit Strength | Studio 3   | Room change                 |
| 18:30 - 19:15       | Body Pump     | Studio 3   | Room change                 |
| 19:15 - 19:45       | CXWorx        | Studio 3   | Time change                 |
| 19:30 - 20:15       | G-Cycle       | Tollcross  | Venue change                |
| 19:45 - 20:15       | Metafit       | Studio 3   | Room change and time change |

| Thursday 24 August |             |            |                              |
|--------------------|-------------|------------|------------------------------|
| Time               | Class       | Location   | Notes                        |
| 07:00 - 07:30      | Arke        | Gym        |                              |
| 07:00 - 07:45      | Body Pump   | Studio 3   | Room change                  |
| 12:30 - 13:00      | Grit Cardio | Studio 3   | Room change                  |
| 17:15 - 18:00      | Yoga        | Studio 3   | Time change                  |
| 18:00 - 18:30      | Kinesis     | Gym        |                              |
| 18:00 - 19:00      | BoxFit      | Studio 3   | Room change                  |
| 19:00 - 20:00      | Tai Chi     | Studio 3   |                              |
| 19:15 - 20:00      | Body Attack | Crownpoint | Venue change and time change |
| 20:00 - 20:45      | Zumba       | Crownpoint | Venue change and time change |

| Friday 25 August |             |          |             |
|------------------|-------------|----------|-------------|
| Time             | Class       | Location | Notes       |
| 06:45 - 07:30    | Body Combat | Studio 3 | Room change |

|               |              |            |                              |
|---------------|--------------|------------|------------------------------|
| 07:30 - 08:15 | FT Fit       | Studio 3   | Room change and time change  |
| 10:00 - 10:30 | Metafit      | Studio 3   | Room change                  |
| 10:30 - 11:30 | Body Balance | Studio 3   |                              |
| 12:00 - 13:00 | Yoga         | Studio 3   |                              |
| 12:30 - 13:15 | Body Pump    | Crownpoint | Venue change and time change |
| 17:15 - 18:00 | FT Fit       | Studio 3   | Room change                  |
| 18:00 - 18:45 | Body Attack  | Studio 3   | Room change and time change  |
| 18:45 - 19:15 | Metafit      | Studio 3   | Room change and time change  |
| 19:15 - 20:00 | Body Pump    | Studio 3   | Room change and time change  |

| Saturday 26 August |                   |            |                                      |
|--------------------|-------------------|------------|--------------------------------------|
| Time               | Class             | Location   | Notes                                |
| 09:00 - 09:45      | Body Combat       | Studio 3   | Class duration, room and time change |
| 09:15 - 09:45      | Arke              | Gym        |                                      |
| 09:45 - 10:45      | Pilates Beginners | Studio 3   | Time change                          |
| 10:45 - 11:30      | Body Pump         | Studio 3   | Room change and time change          |
| 11:30 - 12:15      | Grit Strength     | Studio 3   | Room change and time change          |
| 11:30 - 12:00      | CXWorx            | Crownpoint | Venue change                         |
| 11:30 - 12:00      | Kinesis           | Gym        |                                      |
| 11:30 - 12:15      | RPM               | Tollcross  | Venue change                         |
| 12:30 - 13:15      | FT Fit            | Studio 3   | Room change                          |