

YMCA TRINITY GROUP

CAMBRIDGE GYM

CLASS TIMETABLE

21 SEP - 18 DEC

2020

- Rooms may change according to number of participants.
- Classes subject to change or cancellation
- Yoga mats will not be provided – please bring your own

Monday	Class	Level	Instructor	Room	
10.00-11.00	Barre Fit	All	Katy	MR 1/2	
17.30-18.15	Pole Fit	All	Hazel/James	Studio	
Tuesday					
18.00-18.45	Step	All	Aymen	MR1/2	
19.00-19.45	Street Dance	All	Martyna	MR 1/2	
Wednesday					
11.00 – 12.00	Pilates	All	Su Kim	MR1/2	
18.00-18.45	Strong by Zumba	All	Alicia	MR1/2	From 14 th October
Thursday					
10.00-10.45	Dance aerobics	All	Katy	MR1/2	
18.15-19.00	Zumba	All	Victor	MR1/2	From 15 th October
Friday					
12.30 – 13.30	Sivananda Yoga	All	Yolande	Mr1/2	
18.00-19.00	Yoga	All	Ieva Normantaite	Mr1/2	



@YMCATRINITYGROUP
@YMCA_TRINITY_FITNESS



YMCA Gym Peterborough
YMCA Gym Cambridge
YMCA Gym Ipswich

ymcafitness.org.uk