

YMCA TRINITY GROUP

PETERBOROUGH 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	Senior circuit	All	Mel	Studio2
11.00-12.00	Senior Stretch & Relaxation	All	Mel	Studio 2
17.30-18.00	Ab Blast	All	Samia	Studio 1/2
18.00-18.45	Zumba	All	Samia	Studio 2
Tuesday				
9.45 – 10.40	Pilates	Int	Christie	Studio 3
11.00 – 12.00	Meta Fit	Challenging	Dicky	Studio 2
17.15-18.00	Thighs Tums Bums	All	Mel	Studio 1/2
18.15-19.00	Zumba	All	Samia	Studio 2
Wednesday				
10.00-11.00	Zumba Ladies	Beg	Samia	Studio 2
11.15-12.15	Chair Based Exercise	All	Samia	Studio 2
17.30-18.30	Cardio Fit	Challenging	Dicky	Studio 1/2
Thursday				
09.45-10.40	Pilates	Int	Christies	Studio 3
11.00-12.00	Senior fitness Circuit	All	Dicky	Studio 2
17.30-18.30	Yoga	Beg/Int	Jo	Studio 3
18.00-18.45	Pump it	All	Samia	Studio 1
Friday				
10.00-11.00	Zumba	All	Samia	Studio 2
17.45-18.45	Thai Fit	All	Richard	Studio 2/3



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YMCA Gym Peterborough
YMCA Gym Cambridge
YMCA Gym Ipswich

ymcafitness.org.uk