

# YMCA TRINITY GROUP

## PETERBOROUGH GYM

### CLASS TIMETABLE

FROM 3 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 7 DEC	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 2
18.00-18.45	Zumba	All	Samia	Studio 2
Tuesday 8 DEC				
9.45 – 10.40	Pilates	Int	Christie	Studio 2
11.00 – 12.00	Meta Fit	Challenging	Dicky	Studio 2
17.15-18.00	Thighs Tums Bums	All	Mel	Studio 2
18.15-19.00	Zumba	All	Samia	Studio 2
Wednesday 9 DEC				
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 2
Thursday 10 DEC				
09.45-10.40	Pilates	Int	Christies	Studio 2
11.00-12.00	Senior fitness Circuit	All	Dicky	Studio 2
17.30-18.30	Yoga	Beg/Int	Jo	Fitzwilliam Suite
18.00-18.45	Pump it	All	Samia	Studio 2
Friday 11 DEC				
10.00-11.00	Zumba	All	Samia	Studio 2
17.45-18.45	Thai Fit	All	Richard	Studio 1



@YMCATRINITYGROUP  
@ymca\_trinity\_fitness



YMCA Gym Peterborough  
YMCA Gym Cambridge  
YMCA Gym Ipswich

[ymcafitness.org.uk](http://ymcafitness.org.uk)

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Monday 14 DEC				
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 2
18.00-18.45	Zumba	All	Samia	Studio 2
Tuesday 15 DEC				
9.45 – 10.40	Pilates	Int	Christie	Fitz
11.00 – 12.00	Meta Fit	Challenging	Dicky	Fitz
17.15-18.00	Thighs Tums Bums	All	Mel	Fitz
18.15-19.00	Zumba	All	Samia	Fitz
Wednesday 16 DEC				
10.00-11.00	Zumba Ladies	Beg	Samia	Studio 1
11.15-12.15	Chair Based Exercise	All	Samia	Studio 1
17.30-18.30	Cardio Fit	Challenging	Dicky	Studio 1
Thursday 17 DEC				
09.45-10.40	Pilates	Int	Christies	Studio 1
11.00-12.00	Senior fitness Circuit	All	Dicky	Studio 1
17.30-18.30	Yoga	Beg/Int	Jo	Fitzwilliam Suite
18.00-18.45	Pump it	All	Samia	Studio 1
18.00-18:45	Body Blast	All	Dicky	Studio 3
Friday 18 DEC				
10.00-11.00	Zumba	All	Samia	Fitz
17.45-18.45	Thai Fit	All	Richard	Fitz



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Monday 21 DEC				
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 2
18.00-18.45	Zumba	All	Samia	Studio 2
Tuesday 22 DEC				
9.45 – 10.40	Pilates	Int	Christie	Fitz
11.00 – 12.00	Meta Fit	Challenging	Dicky	Fitz
17.15-18.00	Thighs Tums Bums	All	Mel	Fitz
18.15-19.00	Zumba	All	Samia	Fitz
Wednesday 23 DEC				
10.00-11.00	Zumba Ladies	Beg	Samia	Fitz
11.15-12.15	Chair Based Exercise	All	Samia	Studio 1
17.30-18.30	Cardio Fit	Challenging	Dicky	Studio 1

