

PumpGyms Hatfield

CLASS TIMETABLE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
MORNING	6:00 – 12:00						08:15 – 09:00 Spin studio	SPIN	08:00 - 08.50 Main Studio	PILATES						
		09:30 – 10:00 Main Studio	FUNCTIONAL FITNESS	09:30 – 10:00 Main Studio	CORE SHOCK	09:30 – 10:00 Main Studio	GET FIT CIRCUITS	09:30 – 10:00 Main studio	FULL BODY BLAST	09:30 – 10:00 Main Studio	FUNCTIONAL FITNESS	09:15-10:15 Main Studio	STRENGTH & CONDITION	09:00 – 10:00 Main studio	ZUMBA	
												10:30 - 11:15 Main Studio	COMBAT BLAST	10:00-10:45 Spin Studio	SPIN	
DAYTIME	12:00 – 17:00	12:00 – 12:30 Spin Studio	SPIN	12:00 – 12:30 Main Studio	LBT	12:00 – 12:30 Spin Studio	SPIN	12:00 – 12:30 Main Studio	CIRCUITS	12:00 – 12:30 Main Studio	LBT					
		12:45 – 13:15 Main Studio	FULL BODY BLAST	12:45 – 13:15 Main Studio	GET FIT CIRCUITS	12:45 – 13:15 Main Studio	FULL BODY BLAST	12:45 – 13:15 Spin Studio	SPIN	12:45 – 13:15 Gym Floor	RIG FIT					
EVENING	17:00 – 22:00	18:00 - 18:45 Spin Studio	SPIN	18:30 - 19:15 Main Studio	LBT	18:15-19:00 Main Studio	STRENGTH & CONDITION	18:40 - 19:40 Main Studio	COMBAT BLAST	17:30 – 18:00 Main Studio	BARBELL BLAST					
		19:15 - 20:15 Main Studio	YOGA	19:30 - 20:00 Spin Studio	SPIN	19:15 - 20:00 Spin Studio	SPIN	19:45 - 20:30 Main Studio	YOGA							
		20:30 - 21:30 Main Studio	ZUMBA	20:00 - 20:30 Main Studio	CORE SHOCK	20:00 - 21:00 Main Studio	ZUMBA									

- **CARDIO**
- **STRENGTH**
- **COMBAT**
- **INTERVAL**
- **MIND AND BODY**
- **DANCE**

CLASSES NEED TO BE BOOKED VIA THE PUMP GYMS APP, THIS CAN BE DONE 7 DAYS IN ADVANCE. PLEASE ENSURE YOU TURN UP ON TIME OR YOU MAY BE REFUSED ENTRY.

THIS TIMETABLE MAY BE SUBJECT TO CHANGE. 100+ VIRTUAL ON DEMAND CLASSES AVAILABLE 24/7 IN CLUB AND VIA THE PUMP GYMS APP