

Places Gym Sheffield

Studio Class Timetable



Monday

06:15 - 07:00 Virtual Body Pump ®
07:15 - 08:00 Virtual Body Pump ®
09:30 - 10:30 Body Combat ®
10:35 - 11:30 Body Pump ®
16:30 - 17:00 Virtual Grit Cardio ®
17:30 - 18:00 Core Conditioning
18:05 - 19:05 Body Pump ®
19:15 - 20:00 Body Combat ®
20:05 - 20:35 Virtual Grit Cardio ®

Tuesday

06:15 - 07:00 Circuits
07:15 - 08:00 Virtual Les mills Core ®
08:30 - 09:15 Virtual Body Pump ®
09:30 - 10:30 Body Pump ®
10:35 - 11:35 Pilates
15:30 - 16:15 Virtual Body Pump ®
16:30 - 17:00 Virtual Les Mills Core ®
17:30 - 18:15 Box Fit
18:20 - 19:05 Body Attack ®
19:15 - 20:00 Body Balance ®

Wednesday

06:15 - Virtual Grit Cardio ®
08:15 - 09:00 Virtual Body Balance ®
09:15 - 10:00 Zumba
10:15 - 11:00 Yoga
16:30 - 17:00 Virtual Grit Cardio ®
17:30 - 18:15 Box Fit
18:20 - 19:05 Body Attack ®
19:15 - 20:00 Body Pump ®
20:05 - 20:35 Virtual Grit Cardio ®

Thursday

07:15 - 08:00 Virtual Body Pump ®
08:30 - 09:15 Virtual Body Combat ®
09:30 - 10:30 Body Pump ®
10:35 - 11:35 Body Balance ®
16:00 - 16:45 Virtual Body Pump ®
18:00 - 18:45 Body Combat ®
18:50 - 19:35 Legs, Bums and Tums
19:45 - 20:45 Yoga

Friday

06:15 - 07:00 Box Fit
08:15 - 09:00 Virtual Body Pump ®
09:30 - 10:30 Yoga
10:45 - 11:45 Zumba
17:00 - 17:45 Virtual Body Pump ®
18:00 - 18:45 Box Fit
19:00 - 19:00 Virtual Body balance ®

Saturday

08:15 - 08:45 Virtual Grit Cardio ®
09:00 - 10:00 Body Combat ®
10:05 - 11:05 Body Pump ®

Sunday

08:15 - 08:45 Virtual Grit Cardio ®
09:00 - 09:30 Virtual Grit Cardio ®
10:00 - 11:00 Body Attack ®
11:10 - 11:55 Body Pump ®