

Places Gym Sheffield

Studio Class Timetable



Monday

06:15 - 07:00 Virtual Body Pump ®
07:15 - 08:00 Virtual Body Pump ®
08:30 - 09:15 Virtual Sh'bam ®
09:30 - 10:30 Body Combat ®
10:45 - 11:30 Body Pump ®
16:30 - 17:15 RT24 – Starts 14-2-22
17:30 - 18:00 Core Conditioning
18:15 - 19:15 Body Pump ®
19:30 - 20:30 Body Combat ®

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 ®
10:45 - 11:45 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 Express ®
19:15 - 20:00 Body Balance Express ®
20:15 - 21:00 Virtual Sh'bam ®

Wednesday

06:15 - 07:00 Virtual Body Combat ®
07:15 – 08:00 Virtual Body Combat ®
08:15 - 09:00 Virtual Body Balance ®
09:15 - 10:00 Zumba
10:15 - 11:00 Yoga
16:30 - 17:15 RT24 – Starts 16-2-22
17:30 - 18:15 Box Fit
18:20 - 19:05 Body Attack Express ®
19:15 - 20:00 Body Pump ®
20:15 - 21:00 Virtual Les Mills Core ®

Thursday

06:30 – 07:15 Circuits
07:15 – 08:00 Virtual Body Pump ®
08:30 – 09:15 Virtual Body Combat ®
09:30 – 10:30 Body Pump ®
10:45 - 11:45 Body Balance ®
16:00 – 16:45 Virtual Body Pump ®
17:00 – 17:45 Virtual Sh'bam ®
18:00 - 18:45 Body Combat Express ®
19:00 - 19:45 Legs, Bums and Tums
20:00 - 21:00 Yoga

Friday

06:15 - 07:00 Box Fit
07:15 – 08:00 Virtual Sh'bam ®
08:15 – 09:00 Virtual Body Pump ®
09:30 - 10:30 Yoga
10:45 - 11:45 Zumba
12:00 – 12:45 Virtual Sh'bam
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 Les mills Core ®
09:00 - 10:00 Body Combat ®
10:15 - 11:15 Body Pump ®
11:30 – 12:15 Virtual Sh'bam ®

Sunday

08:15 – 08:45 Virtual Les Mills Core ®
09:00 – 09:45 Virtual Sh'bam ®
10:00 - 11:00 Body Attack ®
11:10 - 11:55 Body Pump ®

* New classes