

Fitness Space Norwich - Class Timetable			Fitness Space
Monday			
06:15 - 06:45	Bags, Bells n Ropes	Sculpt	30 mins
09:15 - 10:00	Total Tone 	Burn	45 Mins
12:15 - 12:45	Rhythm Ride 	Burn	30 mins
17:30 - 18:15	Circuits	Sculpt	45 mins
18:30 - 19:30	Hot Yoga  	Spirit	60 mins
Tuesday			
09:15 - 10:00	Ride n Lift 	Burn	45 mins
11:15 - 12:15	Pilates  	Spirit	60 mins
17:30 - 18:00	Ride n Lift	Burn	30 mins
18:15 - 19:00	Sweatbox	Sculpt	45 mins
Wednesday			
09:15 - 10:00	Abs, Glutes, Quads 	Sculpt	45 mins
17:45 - 18:15	Express Body Pump	Burn	30 mins
18:45 - 19:15	Core and Balance	Spirit	30 mins
19:25 - 20:25	Hot Yoga  	Spirit	60 mins
Thursday			
06:15 - 06:45	Hiit 	Burn	30 mins
09:15 - 10:00	Pump up the Beat 	Burn	45 mins
10:30 - 11:30	Pilates  	Spirit	60 mins
17:30 - 18:00	Core Blast	Sculpt	30 mins
18:15 - 19:00	Rhythm Ride	Burn	45 mins
Friday			
09:15 - 10:00	Core and Balance 	Spirit	45 mins
12:15 - 12:45	Hiit 	Burn	30 mins
13:00 - 13:30	Ride n Lift 	Burn	30 mins
17:30 - 18:00	Bootcamp Circuits	Burn	30 mins
Saturday			
08:15 - 09:00	Bags, Bells n Ropes	Sculpt	45 mins
09:30 - 10:00	Mystery Class	Burn	30 mins
14:00 - 14:45	Sculpt & Tone	Sculpt	45 mins
Sunday			
08:10 - 08:55	Circuits	Sculpt	45 mins
09:05 - 09:50	Circuits	Sculpt	45 mins
09:45 - 10:45	Yoga 	Spirit	60 mins
11:00 - 12:00	Yoga 	Spirit	60 mins

Always check the app for the latest class timetable and to book a class.

Class timetable subject to change without notice.

Extra 'Popup' classes are added to the app when capacity allows.

 = Paid Class

 = Open to pay as you go Non Members