



GROUP FITNESS CLASS TIMETABLE

INTERNATIONAL SPORTS VILLAGE - SWANSEA UNIVERSITY

All virtual classes take place in our new virtual studio!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:30	TITAN CONDITIONING (45) The Shed		TITAN CONDITIONING ITC				
7:00 - 8:00	VIRTUAL RPM	VIRTUAL BODY COMBAT	VIRTUAL GRIT CARDIO (30) 07:00-07:30 VIRTUAL CX WORX (30) 07:30-08:00	VIRTUAL RPM	VIRTUAL GRIT CARDIO (30) 07:00-07:30 VIRTUAL GRIT CARDIO (30) 07:30-08:00		
7:30-8:30		YOGA Pavilion Studio					
8:30 - 9:00	VIRTUAL GRIT CARDIO	VIRTUAL BODY BALANCE	VIRTUAL BODY COMBAT	VIRTUAL RPM	VIRTUAL CX WORX	TITAN CONDITIONING The Shed	
9:15 - 10:15	VIRTUAL BODY COMBAT	EVERGREENS 10:00-11:00	VIRTUAL GRIT CARDIO (30) 09:15-09:45 VIRTUAL GRIT CARDIO (30) 09:45-10:15	VIRTUAL BODY COMBAT	VIRTUAL RPM	BODYPUMP (45) Pavilion Gym	GRIT (45) Pavilion Gym
10:30 - 11:30	VIRTUAL CX WORX (30) 10:30-11:00 VIRTUAL BODYCOMBAT (30) 11:00-11:30	VIRTUAL RPM 10:00-11:00	VIRTUAL BODY COMBAT	VIRTUAL GRIT CARDIO (30) 10:30-11:00 VIRTUAL GRIT CARDIO (30) 11:00-11:30	VIRTUAL CX WORX (30) 10:30-11:00 VIRTUAL BODYCOMBAT (30) 11:00-11:30	VIRTUAL CX WORX (30) 10:30-11:00 VIRTUAL GRIT CARDIO (30) 11:00-11:30	VIRTUAL RPM
11:30 - 12:30	VIRTUAL BODY BALANCE	VIRTUAL GRIT CARDIO (30) 11:30-12:00 VIRTUAL CX WORX (30) 12:00-12:30	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE	VIRTUAL BODY COMBAT	
12:30 - 13:30	GRIT STRENGTH (30) Pavilion Gym GRIT ATHLETIC (30) 13:00-13:30	FITNESS PILATES Pavilion Studio	FITNESS YOGA Pavilion Studio	YOGA Pavilion Studio	VIRTUAL GRIT ATHLETIC (30) 12:30-13:00 PILATES (55) Pavilion Studio	VIRTUAL GRIT CARDIO (30) 12:30-13:00 VIRTUAL CX WORX (30) 13:00-13:30	VIRTUAL BODY BALANCE
13:00 - 13:30	VIRTUAL CX WORX	VIRTUAL RPM	VIRTUAL CX WORX (30)	VIRTUAL BODY COMBAT	VIRTUAL GRIT STRENGTH		
13:30 - 14:30	VIRTUAL BODY BALANCE	VIRTUAL RPM	VIRTUAL GRIT CARDIO (30) 13:30-14:00 VIRTUAL GRIT CARDIO (30) 14:00-14:30	VIRTUAL CX WORX (30) 13:30-14:00 VIRTUAL GRIT CARDIO (30) 14:00-14:30	VIRTUAL BODY BALANCE	VIRTUAL BODY BALANCE	VIRTUAL BODY COMBAT
14:45 - 15:15	VIRTUAL BODY COMBAT	VIRTUAL CX WORX	VIRTUAL BODY COMBAT	VIRTUAL BODY BALANCE	VIRTUAL CX WORX	VIRTUAL RPM Beginners	VIRTUAL RPM Beginners
16:15 - 16:45	VIRTUAL RPM Beginners	VIRTUAL CX WORX Beginners	VIRTUAL CX WORX Beginners	VIRTUAL BODY COMBAT Beginners	VIRTUAL BODY BALANCE Beginners		
17:30 - 18:30	SHRED Pavilion Gym	KETTLECISE Pavilion Gym	SPIN Virtual Studio	SHRED Pavilion Gym SPIN Virtual Studio	VIRTUAL RPM		
18:00 - 19:00	VIRTUAL BODY BALANCE	VIRTUAL RPM	TITAN CONDITIONING The Shed		TITAN CONDITIONING ITC		
18:30 - 19:00	AB BLAST Pavilion Gym			AB BLAST Pavilion Studio			
19:15 - 20:15	VIRTUAL GRIT CARDIO (30) 19:15-19:45 VIRTUAL GRIT CARDIO (30) 19:45-20:15	VIRTUAL CX WORX (30) 19:45-20:15	TITAN CONDITIONING The Shed	VIRTUAL BODY COMBAT	VIRTUAL GRIT CARDIO (30) 19:15-19:45 VIRTUAL CX WORX (30) 19:45-20:15		
20:30 - 21:00	VIRTUAL BODY COMBAT Beginners	VIRTUAL BODY BALANCE Beginners	VIRTUAL RPM Beginners	VIRTUAL CX WORX Beginners			

INSTRUCTOR LED CLASSES

VIRTUAL CLASSES

Proudly offering Les Mills Classes:

