

CLASS TIMETABLE

PumpGyms
BEDFORD

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING	6:00 - 12:00	6:30 - 7:00 MAIN STUDIO	HIIT	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	RIG FIT	6:30 - 7:00 SPIN STUDIO	SPIN	6:30 - 7:00 MAIN STUDIO	TOTAL BODY WORKOUT	8:00 - 8:45 SPIN STUDIO	SPIN	8:00 - 9:00 MAIN STUDIO	LES MILLS BODY COMBAT
		7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 MAIN STUDIO	HIIT	7:00 - 7:30 SPIN STUDIO	SPIN	7:00 - 7:30 MAIN STUDIO	HIIT	7:00 - 7:30 SPIN STUDIO	SPIN	9:00 - 10:00 MAIN STUDIO	LES MILLS BODY PUMP	9:00 - 9:45 SPIN STUDIO	SPIN
		9:30 - 10:30 MAIN STUDIO	FITNESS PILATES	9:30 - 10:15 MAIN STUDIO	RIG FIT	9:35 - 10:35 MAIN STUDIO	HIIT	9:30 - 10:30 MAIN STUDIO	YOGA	9:30 - 10:15 GYM FLOOR	RIG FIT	10:10 - 10:50 MAIN STUDIO	ZUMBA TONE	9:10 - 10:10 MAIN STUDIO	BOOT CAMP
												11:00 - 11:45 SPIN STUDIO	SPIN	10:20 - 11:15 MAIN STUDIO	FITNESS PILATES
												11:20 - 12:20 MAIN STUDIO	YOGA	11:25 - 11:55 MAIN STUDIO	TOTAL BODY WORKOUT
DAYTIME	12:00 - 16:00	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 MAIN STUDIO	HIIT	12:00 - 12:30 SPIN STUDIO	SPIN	12:00 - 12:30 GYM FLOOR	RIG FIT	12:00 - 12:30 SPIN STUDIO	SPIN	12:10 - 12:45 GYM FLOOR	RIG FIT		
		12:30 - 13:00 MAIN STUDIO	TABATA	12:45 - 13:15 SPIN STUDIO	SPIN	12:30 - 13:00 MAIN STUDIO	HIIT	12:40 - 13:10 MAIN STUDIO	HIIT	12:45 - 13:15 MAIN STUDIO	TABATA				
		13:10 - 13:40 MAIN STUDIO	HIIT			13:10 - 13:40 MAIN STUDIO	ABS BLAST	13:20 - 13:50 MAIN STUDIO	LBT						
EVENING	16:00 - 21:00	17:30 - 18:00 GYM FLOOR	RIG FIT	17:30 - 18:15 SPIN STUDIO	SPIN	17:15 - 17:45 MAIN STUDIO	TABATA	17:30 - 18:15 MAIN STUDIO	ZUMBA TONE	17:15 - 18:00 SPIN STUDIO	SPIN				
		18:00 - 18:45 MAIN STUDIO	LES MILLS BODY ATTACK	17:15 - 18:00 MAIN STUDIO	LES MILLS BODY ATTACK	18:00 - 19:00 MAIN STUDIO	LES MILLS BODY PUMP	17:30 - 18:15 SPIN STUDIO	SPIN	17:45 - 18:15 MAIN STUDIO	HIIT				
		19:00 - 19:45 SPIN STUDIO	SPIN	18:10 - 19:10 MAIN STUDIO	LES MILLS BODY COMBAT	19:00 - 19:45 SPIN STUDIO	SPIN	18:30 - 19:15 MAIN STUDIO	LES MILLS BODY COMBAT	18:30 - 19:00 MAIN STUDIO	STRETCH & RELAXATION				
		19:00 - 20:00 MAIN STUDIO	LES MILLS BODY PUMP	19:20 - 20:05 MAIN STUDIO	ZUMBA	19:15 - 20:15 MAIN STUDIO	LES MILLS BODY ATTACK	19:35 - 20:20 MAIN STUDIO	PIYO						
		20:10 - 21:10 MAIN STUDIO	YOGA	20:15 - 21:00 MAIN STUDIO	TOTAL BODY WORKOUT	20:25 - 21:25 MAIN STUDIO	YOGA	20:30 - 21:15 MAIN STUDIO	LES MILLS BODY PUMP						

- CARDIO
- STRENGTH
- COMBAT
- INTERVAL
- MIND & BODY
- DANCE

LES MILLS
BODY PUMP

LES MILLS
BODY COMBAT

LES MILLS
BODY ATTACK

ZUMBA

wexer

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.