

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fat Attack 06:30 – 07:00 Scott	Upper Body / Bootcamp 07:00 – 07:50 Tom	Legs, Bums, Tum 07:00 – 07:50 Tom	Virtual Class 07:00 – 07:50 Virtual	Fat Attack 06:30 – 07:15 Scott	Spin 09:00 – 09:45 Scott
Spin/Abs 07:00 – 07:50 Tom	Virtual Class 08:00 – 19:00 Virtual	Virtual Class 08:00 – 19:00 Virtual	Virtual Class All Day Virtual	Virtual Class All Day Virtual	Fat Attack 10:00 – 10:45 Scott
Virtual Class 08:00 – 19:00 Virtual	Virtual Class 08:00 – 19:00 Virtual	Dance Fit 18:00 – 19:00 Paige	Virtual Class All Day Virtual	Virtual Class All Day Virtual	SUNDAY
Upper Body / Bootcamp 19:00 – 20:00 Tom	Legs, Bums, Tums 19:00 – 20:00 Tom	Pilates 19:05 – 19:55 Paige	Virtual Class All Day Virtual	Virtual Class All Day Virtual	Virtual Class All Day Virtual
Virtual Class Any Time Virtual	Virtual Class Any Time Virtual	HIIT 20.05 – 20:35 Paige	Virtual Class All Day Virtual	Virtual Class All Day Virtual	Virtual Class All Day Virtual

Spin / Abs – High octane fat burner to music on indoor bikes followed by a blast of abs.

Bootcamp – A full upper body workout including abs combined with high intensity interval training.

Legs, Bums, Tums – A circuit based glute master class combined with challenging abs/core exercises.

Dance Fit – An aerobic workout, divided into different tracks that provide peaks and troughs of intensity.

Pilates – A class designed to improve physical strength, flexibility, posture and enhance mental awareness.

HIIT – High intensity interval training, great for burning calories and getting lean. .

Fat Attack – High intense training, great for burning calories and getting lean.

Virtual Class – Our fantastic virtual classes allow you to have the freedom of choosing you own class at your own time.

Choose from a variety of different virtual classes to suit your needs.

Please ask a member of staff for any help you may require to set up the virtual class system.

Anytime Fitness Huntingdon
 01480 260247

Huntingdon@anytimefitness.co.uk

CLASS TYPE	CARDIO	STRENGTH	STRETCH	FUNCTIONAL	CIRCUITS	DANCE	MIND & BODY
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