

Ebbw Vale Sports Centre

Group Exercise Classes - January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Queenax HIIT 6:15am	SPIN 6:15am	Queenax HIIT 6:15am	Spin 6:15am	Queenax HIIT 6:15am	Body Step Express 8:30am	Sprint 9am
Aqua 8:30am	Aqua 8:15am	Queenax HIIT 4:45pm	Aqua 8:30am	Spin 9:30am	Spin 9am	Body Pump 1pm
Gentle Exercise 12pm	Gym Blitz 9:30am	Zuu 5:30pm	Get to know your gym 9:45am	Queenax HIIT 4:45pm	Kettlercise 9:15am	Body Combat 2pm
Body Pump 5:30pm	COPD 11:30am	Spin 6pm	Gentle Exercise 11:45am	HIIT 5:15pm	Body Balance 10am	
Sprint 5:45pm	Functional Fitness 12:30am	Body Pump 6:30pm	Body Pump 5:15pm	Sprint 5:30pm		
Queenax 6:30pm	Grit Strength 5pm	Aqua 7:30pm	Body Combat 6:15pm	Body Conditioning 6pm		
Body Step 6:30pm	Body Combat 5:45pm		Sprint 7pm			
Pilates 8pm	Sprint 6pm		Yoga 8pm			
	Body Balance 6:45pm					
	Zumba 8pm					



Book your class online at www.bglife.co.uk via the app or call us on 01495 357777