

# The Forum Class Timetable



All classes are now booked via the Technogym MyWellness app, available from Google Play or your App Store.

Should you need any assistance with this, please speak to a member of our team or visit the dedicated Members' Area at [celtic-manor.com](http://celtic-manor.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00	Les Mills RPM Virtual	Les Mills RPM Virtual	Les Mills RPM Virtual	Les Mills RPM Virtual	Les Mills RPM Virtual	Les Mills RPM Virtual	Les Mills RPM Virtual
07:30	07:00 - 07:50	07:00 - 07:50	07:00 - 07:50	07:00 - 07:50	07:00 - 07:50	07:00 - 07:50	07:00 - 07:50
08:00							
08:30							
09:00			Body Pump			Zumba	
09:30		Step & Tone	09:00 - 10:00	20x20x20	Indoor Cycling & Body	09:00 - 10:00	
10:00		09:30 - 10:30		09:30 - 10:30	Conditioning		Cardio Conditioning
10:30		Pilates		Pilates			10:00 - 11:30
11:00		10:45 - 11:45		10:45 - 11:45	Yoga		
11:30	Body Pump		Yoga		11:15 - 12:45		
12:00	11:30 - 12:30		11:30 - 12:45	Body Conditioning			
12:30				12:00 - 13:00			
13:00	Yoga	Les Mills	Les Mills	Les Mills	Les Mills GRIT Virtual	Les Mills	Les Mills
13:30	13:00 - 14:30	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	13:00 - 13:30	Body Pump Virtual	Body Pump Virtual
14:00		13:00 - 13:45	13:00 - 13:55	13:15 - 13:45		13:00 - 13:55	13:00 - 13:55
14:30						Les Mills GRIT Virtual	Les Mills GRIT Virtual
15:00						14:00 - 14:30	14:00 - 14:30
15:30						Les Mills	Les Mills
16:00	Les Mills	Les Mills GRIT Virtual	Les Mills CORE Virtual	Les Mills CORE Virtual	Les Mills	Les Mills CORE Virtual	Les Mills CORE Virtual
16:30	Body Combat Virtual	16:00 - 16:30	16:00 - 16:30	16:00 - 16:55	Body Pump Virtual	16:00 - 16:30	16:00 - 16:30
17:00	16:00 - 16:45				16:00 - 16:55	Les Mills	Les Mills
17:30					Body Pump Virtual	Body Pump Virtual	Body Pump Virtual
18:00	Zumba	Step & Tone		Legs, Bums & Tums		Les Mills RPM Virtual	Les Mills RPM Virtual
18:30	18:00 - 19:00	18:00 - 19:00	Indoor Cycling	18:00 - 19:00		18:00 - 18:50	18:00 - 18:50
19:00			18:45 - 19:15				
19:30	Indoor Cycling	Yoga	Pilates	Yoga			
20:00	19:15 - 20:15	19:30 - 20:30	19:30 - 20:30	19:30 - 20:30			
20:30							

CYCLING	HIGH INTENSITY CLASS	VIRTUAL CLASS	STRENGTH & CONDITIONING	MIND & BODY	WATER BASED ACTIVITY	CARDIO	DANCE
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