

John Parker - Results Health and Fitness - Owings Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYPUMP 45 Mins 5:15AM - 6:00AM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 5:30AM - 6:30AM Group Ex Studio	VIRTUAL BODYPUMP 45 Mins 5:15AM - 6:00AM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 5:30AM - 6:30AM Group Ex Studio	VIRTUAL BODYPUMP 45 Mins 5:15AM - 6:00AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 7:00AM - 8:00AM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 7:30AM - 8:30AM Group Ex Studio
VIRTUAL RPM 50 Mins 5:15AM - 6:05AM Cycle Studio	VIRTUAL RPM 50 Mins 5:30AM - 6:20AM Cycle Studio	VIRTUAL RPM 50 Mins 5:15AM - 6:05AM Cycle Studio	VIRTUAL RPM 50 Mins 5:30AM - 6:20AM Cycle Studio	VIRTUAL RPM 50 Mins 5:15AM - 6:05AM Cycle Studio	VIRTUAL SPRINT 30 Mins 7:15AM - 7:45AM Cycle Studio	VIRTUAL RPM 50 Mins 7:30AM - 8:20AM Cycle Studio
Group Personal Training 6:00AM - 6:30AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 6:30AM - 7:30AM Group Ex Studio	Group Personal Training 6:00AM - 6:30AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 6:30AM - 7:30AM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 6:00AM - 7:00AM Group Ex Studio	Cycle 8:00AM - 9:00AM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 8:30AM - 9:30AM Group Ex Studio
VIRTUAL RPM 50 Mins 6:15AM - 7:05AM Cycle Studio	VIRTUAL SPRINT 30 Mins 6:30AM - 7:00AM Cycle Studio	VIRTUAL RPM 50 Mins 6:15AM - 7:05AM Cycle Studio	VIRTUAL SPRINT 30 Mins 6:30AM - 7:00AM Cycle Studio	VIRTUAL RPM 50 Mins 6:15AM - 7:05AM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 8:00AM - 9:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 8:30AM - 9:20AM Cycle Studio
Group Personal Training 6:30AM - 7:00AM Group Ex Studio	VIRTUAL CORE 45 Mins 7:30AM - 8:15AM Group Ex Studio	Group Personal Training 6:30AM - 7:00AM Group Ex Studio	Cycle 7:30AM - 8:30AM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 7:00AM - 8:00AM Group Ex Studio	Bootcamp 9:15AM - 10:15AM Group Ex Studio	VIRTUAL RPM 50 Mins 9:30AM - 10:20AM Cycle Studio
Group Personal Training 7:00AM - 8:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 7:30AM - 8:20AM Cycle Studio	Group Personal Training 7:00AM - 8:00AM Group Ex Studio	VIRTUAL CORE 45 Mins 7:30AM - 8:15AM Group Ex Studio	VIRTUAL SPRINT 30 Mins 7:15AM - 7:45AM Cycle Studio	VIRTUAL RPM 50 Mins 9:15AM - 10:05AM Cycle Studio	VIRTUAL BODYFLOW 60 Mins 9:45AM - 10:45AM Group Ex Studio
VIRTUAL SPRINT 30 Mins 7:15AM - 7:45AM Cycle Studio	VIRTUAL BODYFLOW 45 Mins 8:15AM - 9:00AM Group Ex Studio	VIRTUAL SPRINT 30 Mins 7:15AM - 7:45AM Cycle Studio	VIRTUAL BODYFLOW 45 Mins 8:15AM - 9:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 8:00AM - 8:50AM Cycle Studio	VIRTUAL BODYFLOW 60 Mins 10:30AM - 11:30AM Group Ex Studio	VIRTUAL SPRINT 30 Mins 10:30AM - 11:00AM Cycle Studio
Group Personal Training 8:00AM - 9:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 8:45AM - 9:35AM Cycle Studio	Group Personal Training 8:00AM - 9:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 8:45AM - 9:35AM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 8:15AM - 9:15AM Group Ex Studio	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM Cycle Studio	VIRTUAL SH'BAM 45 Mins 11:00AM - 11:45AM Group Ex Studio
VIRTUAL RPM 50 Mins 8:00AM - 8:50AM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 9:00AM - 10:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 8:00AM - 8:50AM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 9:00AM - 10:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 9:00AM - 9:50AM Cycle Studio	VIRTUAL CORE 30 Mins 11:45AM - 12:15PM Group Ex Studio	VIRTUAL RPM 50 Mins 11:15AM - 12:05PM Cycle Studio
VIRTUAL RPM 50 Mins 9:00AM - 9:50AM Cycle Studio	VIRTUAL SPRINT 30 Mins 9:45AM - 10:15AM Cycle Studio	VIRTUAL RPM 50 Mins 9:00AM - 9:50AM Cycle Studio	VIRTUAL SPRINT 30 Mins 9:45AM - 10:15AM Cycle Studio	Functional Training 9:30AM - 10:30AM Group Ex Studio	VIRTUAL SPRINT 30 Mins 11:45AM - 12:15PM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 12:00PM - 1:00PM Group Ex Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYPUMP 60 Mins 9:15AM - 10:15AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 10:00AM - 11:00AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 9:15AM - 10:15AM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 10:00AM - 11:00AM Group Ex Studio	VIRTUAL RPM 50 Mins 10:00AM - 10:50AM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 12:30PM - 1:30PM Group Ex Studio	VIRTUAL RPM 50 Mins 12:30PM - 1:20PM Cycle Studio
VIRTUAL RPM 50 Mins 10:00AM - 10:50AM Cycle Studio	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM Cycle Studio	VIRTUAL RPM 50 Mins 10:00AM - 10:50AM Cycle Studio	VIRTUAL RPM 50 Mins 10:30AM - 11:20AM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 11:00AM - 12:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 12:30PM - 1:20PM Cycle Studio	VIRTUAL BODYFLOW 60 Mins 1:30PM - 2:30PM Group Ex Studio
Functional Training 10:30AM - 11:30AM Group Ex Studio	VIRTUAL BODYFLOW 60 Mins 11:00AM - 12:00PM Group Ex Studio	Functional Training 10:30AM - 11:30AM Group Ex Studio	VIRTUAL BODYFLOW 60 Mins 11:00AM - 12:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 11:00AM - 11:50AM Cycle Studio	VIRTUAL RPM 50 Mins 1:45PM - 2:35PM Cycle Studio	VIRTUAL RPM 50 Mins 1:30PM - 2:20PM Cycle Studio
VIRTUAL RPM 50 Mins 11:00AM - 11:50AM Cycle Studio	VIRTUAL RPM 50 Mins 11:30AM - 12:20PM Cycle Studio	VIRTUAL RPM 50 Mins 11:00AM - 11:50AM Cycle Studio	VIRTUAL RPM 50 Mins 11:30AM - 12:20PM Cycle Studio	VIRTUAL BODYFLOW 60 Mins 12:00PM - 1:00PM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 2:45PM - 3:15PM Cycle Studio
VIRTUAL BODYFLOW 60 Mins 12:00PM - 1:00PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 12:00PM - 1:00PM Group Ex Studio	VIRTUAL BODYFLOW 60 Mins 12:00PM - 1:00PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 12:00PM - 1:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle Studio	VIRTUAL RPM 50 Mins 3:00PM - 3:50PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 3:00PM - 4:00PM Group Ex Studio
VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle Studio	VIRTUAL RPM 50 Mins 12:30PM - 1:20PM Cycle Studio	VIRTUAL RPM 50 Mins 12:00PM - 12:50PM Cycle Studio	VIRTUAL RPM 50 Mins 12:30PM - 1:20PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 2:00PM Group Ex Studio	VIRTUAL BODYFLOW 60 Mins 3:30PM - 4:30PM Group Ex Studio	VIRTUAL RPM 50 Mins 3:30PM - 4:20PM Cycle Studio
VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 2:00PM Group Ex Studio	VIRTUAL SH'BAM 45 Mins 1:00PM - 1:45PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 1:00PM - 2:00PM Group Ex Studio	VIRTUAL SH'BAM 45 Mins 1:00PM - 1:45PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 1:00PM - 1:30PM Cycle Studio	VIRTUAL RPM 50 Mins 4:30PM - 5:20PM Cycle Studio	
VIRTUAL SPRINT 30 Mins 1:00PM - 1:30PM Cycle Studio	VIRTUAL SPRINT 30 Mins 1:45PM - 2:15PM Cycle Studio	VIRTUAL SPRINT 30 Mins 1:00PM - 1:30PM Cycle Studio	VIRTUAL SPRINT 30 Mins 1:45PM - 2:15PM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 5:00PM - 6:00PM Group Ex Studio	
VIRTUAL RPM 50 Mins 2:00PM - 2:50PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL BODYPUMP 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 2:00PM - 2:50PM Cycle Studio		
VIRTUAL BODYPUMP 60 Mins 2:00PM - 3:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 2:30PM - 3:20PM Cycle Studio	VIRTUAL RPM 50 Mins 2:00PM - 2:50PM Cycle Studio	VIRTUAL RPM 50 Mins 2:45PM - 3:35PM Cycle Studio	VIRTUAL SH'BAM 45 Mins 3:00PM - 3:45PM Group Ex Studio		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL SPRINT 30 Mins 3:00PM - 3:30PM Cycle Studio	VIRTUAL BODYFLOW 60 Mins 3:00PM - 4:00PM Group Ex Studio	VIRTUAL SH'BAM 45 Mins 3:00PM - 3:45PM Group Ex Studio	VIRTUAL BODYFLOW 60 Mins 3:00PM - 4:00PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 3:00PM - 3:30PM Cycle Studio		
VIRTUAL SH'BAM 45 Mins 3:00PM - 3:45PM Group Ex Studio	VIRTUAL RPM 50 Mins 3:45PM - 4:35PM Cycle Studio	VIRTUAL SPRINT 30 Mins 3:00PM - 3:30PM Cycle Studio	VIRTUAL RPM 50 Mins 3:45PM - 4:35PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 3:45PM - 4:45PM Group Ex Studio		
VIRTUAL RPM 50 Mins 4:00PM - 4:50PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 4:00PM - 5:00PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 3:45PM - 4:45PM Group Ex Studio	VIRTUAL BODYCOMBAT 60 Mins 4:00PM - 5:00PM Group Ex Studio	VIRTUAL RPM 50 Mins 4:00PM - 4:50PM Cycle Studio		
VIRTUAL CORE 45 Mins 4:30PM - 5:15PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 5:00PM - 5:30PM Cycle Studio	VIRTUAL RPM 50 Mins 4:00PM - 4:50PM Cycle Studio	VIRTUAL SPRINT 30 Mins 5:00PM - 5:30PM Cycle Studio	VIRTUAL CORE 30 Mins 4:45PM - 5:15PM Group Ex Studio		
VIRTUAL RPM 50 Mins 5:00PM - 5:50PM Cycle Studio	BODYPUMP™ 5:15PM - 6:15PM Group Ex Studio	VIRTUAL CORE 30 Mins 4:45PM - 5:15PM Group Ex Studio	BODYPUMP™ 5:15PM - 6:15PM Group Ex Studio	VIRTUAL RPM 50 Mins 5:00PM - 5:50PM Cycle Studio		
20/20/20 5:30PM - 6:30PM Group Ex Studio	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM Cycle Studio	VIRTUAL RPM 50 Mins 5:00PM - 5:50PM Cycle Studio	VIRTUAL RPM 50 Mins 5:30PM - 6:20PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 5:15PM - 6:15PM Group Ex Studio		
VIRTUAL RPM 50 Mins 6:00PM - 6:50PM Cycle Studio	ZUMBA 6:30PM - 7:30PM Group Ex Studio	20/20/20 5:30PM - 6:30PM Group Ex Studio	ZUMBA 6:30PM - 7:30PM Group Ex Studio	VIRTUAL RPM 50 Mins 6:00PM - 6:50PM Cycle Studio		
VIRTUAL BODYPUMP 60 Mins 6:45PM - 7:45PM Group Ex Studio	VIRTUAL RPM 50 Mins 6:30PM - 7:20PM Cycle Studio	VIRTUAL RPM 50 Mins 6:00PM - 6:50PM Cycle Studio	VIRTUAL RPM 50 Mins 6:30PM - 7:20PM Cycle Studio	VIRTUAL BODYPUMP 60 Mins 6:15PM - 7:15PM Group Ex Studio		
VIRTUAL SPRINT 30 Mins 7:00PM - 7:30PM Cycle Studio	VIRTUAL SPRINT 30 Mins 7:30PM - 8:00PM Cycle Studio	VIRTUAL BODYCOMBAT 60 Mins 6:45PM - 7:45PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 7:30PM - 8:00PM Cycle Studio	VIRTUAL SPRINT 30 Mins 7:00PM - 7:30PM Cycle Studio		
VIRTUAL RPM 50 Mins 7:45PM - 8:35PM Cycle Studio	VIRTUAL CORE 45 Mins 7:45PM - 8:30PM Group Ex Studio	VIRTUAL SPRINT 30 Mins 7:00PM - 7:30PM Cycle Studio	VIRTUAL CORE 45 Mins 7:45PM - 8:30PM Group Ex Studio	VIRTUAL SH'BAM 45 Mins 7:15PM - 8:00PM Group Ex Studio		
VIRTUAL BODYFLOW 45 Mins 7:45PM - 8:30PM Group Ex Studio		VIRTUAL BODYFLOW 60 Mins 7:45PM - 8:45PM Group Ex Studio		VIRTUAL RPM 50 Mins 7:45PM - 8:35PM Cycle Studio		
		VIRTUAL RPM 50 Mins 7:45PM - 8:35PM Cycle Studio		VIRTUAL CORE 30 Mins 8:00PM - 8:30PM Group Ex Studio		

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Cycle

Cycle

Functional Training

James Functional Training

Group Personal Training

James Group PT

LES MILLS
BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
SH'BAM


Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

ZUMBA

ZUMBA w/ Sandra



John Parker - Results
Health and Fitness -
Owings
Group Exercise Timetable