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## Classes Timetable

| Monday                              | Tuesday                                 | Wednesday                               | Thursday                     | Friday                       | Saturday                     | Sunday                           |
|-------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------|------------------------------|------------------------------|----------------------------------|
| 06:20 - 06:50<br>VF HIIT            | 06:20 - 06:50<br>VF Spin                | 06:20 - 06:50<br>VF Strength to the Max | 06:20 - 06:50<br>VF HIIT     | 06:20 - 06:50<br>VF Spin     | 08:00 - 08:45<br>VF Spin     | 09:00 - 09:45<br>VF Spin         |
| 09:20 - 10:05<br>VF Total Body      | 09:20 - 10:05<br>VF Circuits            | 09:20 - 10:05<br>VF Bootcamp            | 09:20 - 10:05<br>VF L1FT     | 09:20 - 10:05<br>VF Circuits | 08:00 - 08:45<br>VF Bootcamp | 09:00 - 09:45<br>VF Sunday Sweat |
| 10:05 - 10:50<br>VF Mamma Fitness   | 10:15 - 11:00<br>VF M1ND                | 09:30 - 10:05<br>VF Fitness Pilates     | 10:15 - 11:00<br>VF Pilates  | 10:15 - 11:00<br>VF M1ND     | 08:50 - 09:50<br>VF Yoga     | 09:20 - 10:05<br>VF M1ND         |
| 10:15 - 11:15<br>VF Yoga            | 18:00 - 18:45<br>VF Strength to the Max | 10:25 - 11:10<br>VF Fitness Pilates     | 11:10 - 11:55<br>VF Pilates  |                              | 09:00 - 09:45<br>VF Bootcamp |                                  |
| 17:30 - 18:15<br>VF LBT Fitness     | 18:55 - 19:40<br>VF Yoga                | 17:30 - 18:15<br>VF Total Body          | 12:15 - 12:45<br>VF Spin     |                              | 10:00 - 11:00<br>VF Yoga     |                                  |
| 17:30 - 18:15<br>VF Spin            | 19:45 - 20:30<br>VF Fitness Pilates     | 18:30 - 19:15<br>VF Spin                | 18:00 - 18:45<br>VF Spin     |                              |                              | <b>Colour Key</b>                |
| 18:30 - 19:15<br>VF Ultimate Shred  |                                         | 18:30 - 19:15<br>VF Build & Burn        | 18:00 - 18:45<br>VF Bootcamp |                              |                              | Zen Room                         |
| 18:30 - 19:15<br>VF Spin            |                                         | 19:25 - 20:05<br>VF Stretch & Mobility  | 18:55 - 19:35<br>VF Yoga     |                              |                              | Spin Room                        |
| 19:25 - 20:05<br>VF Fitness Pilates |                                         |                                         |                              |                              |                              | Class Floor                      |
| 20:10 - 20:55<br>VF Fitness Pilates |                                         |                                         |                              |                              |                              |                                  |