

YMCA TRINITY GROUP

CAMBRIDGE GYM

TIMETABLE FROM
27 JULY 2020

Zoom classes are available to all members. Access codes are available at [LINK](#)

Day / Times	Class	Instructor	Location
Monday			
08:00 – 13:30	Gym open		
10:00 – 11:00	Zumba	Samia	Zoom
17:00 – 22:00	Gym open		
17:30 – 18:15	Pole Fit	Hazel	QAH from 3 August
18:30 – 19:30	HIIT	Jen	Zoom
Tuesday			
08:00 – 13:30	Gym open		
08:00 – 09:00	Yoga	Yolande	Zoom
17:00 – 22:00	Gym open		
19:30 – 20:30	Thighs, Bums & Tums	Mel	Zoom
Wednesday			
08:00 – 13:30	Gym open		
10:00 – 11:00	Bouncefit	Alice	Zoom
17:00 – 22:00	Gym open		
Thursday			
08:00 – 13:30	Gym open		
17:00 – 22:00	Gym open		
18:30 – 19:30	Zumba	Samia	Zoom
Friday			
08:00 – 13:30	Gym open		
12:30 – 13:30	Yoga	Yolande	QAH



@YMCATRINITYGROUP



YMCA Gym Peterborough
YMCA Gym Cambridge
YMCA Gym Ipswich

ymcafitness.org.uk