

STUDIO TIMETABLE

Monday

CLASS	TIME	INSTRUCTOR	STUDIO
H.I.I.T	06:15 - 07:00	Amy	Studio 1
Indoor Cycling	07:00 – 07:30	Virtual	Cycling Studio
((BOUNCE))	09:30 - 10:15	Freddie	Studio 1
Groove Aerobics	09:30 - 10:15	Daniel	Studio 2
Indoor Cycling	09:30 – 10:15	Virtual	Cycling Studio
Tight Assets	10:30 - 11:15	Becky	Studio 1
Core Focus	10:30 - 11:15	Freddie	Studio 2
Easy Does It	11:30 - 12:15	Becky	Studio 1
Beginner Hatha Yoga	11:30 - 12:25	Reas	Studio 2
Aqua Aerobics	12:30 – 13:15	Steven	Swimming pool
Core Challenge	17:00 – 17:30	Virtual	Studio 1
Step Aerobics	18:00 - 18:45	Steven	Studio 1
Indoor Cycling	18:00 – 18:45	Becky	Cycling Studio
Pilates	18:00 - 18:55	Natasha	Studio 2
Groove Aerobics	19:00 - 19:45	Candy	Studio 1
Sound Bath	20:00 – 21:00	Zelda	Studio 2

Tuesday

CLASS	TIME	INSTRUCTOR	STUDIO
Functionally Fit	06:15 - 07:15	Gym Team	Performance Centre
Indoor Cycling	07:00 – 07:30	Virtual	Cycling Studio
Booty Buster	08:00 – 08:30	Virtual	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Beginners Pilates	09:30 – 10:25	Martina	Studio 2
Full Range Resistance	09:30 - 10:15	Sam	Studio 1
Zumba	10:30 - 11:15	Becky	Studio 2
Legs, Bums & Tums	10:30 - 11:15	Freddie	Studio 1
Mindful Movement & Meditation	11:30 - 12:15	Becky	Studio 1
Ashtanga Yoga	11:30 - 12:25	Reas	Studio 2
Kettlebells	17:00 – 17:30	Virtual	Studio 1
Vinyasa Flow	18:00 - 18:55	Vicky	Studio 2
Indoor Cycling	18:00 - 18:45	Lizzie	Cycling Studio
((BOUNCE))	18:00 – 18:45	Faye	Studio 1
Vinyasa Flow	19:00 - 19:55	Vicky	Studio 2
Pump Fit	19:00 - 19:45	Lizzie	Studio 1
Pilates	20:00 - 20:55	Lizzie	Studio 2

Wednesday

CLASS	TIME	INSTRUCTOR	STUDIO
Rig Circuits	06:30 - 07:00	Gym Team	Health Club
Indoor Cycling	07:05 - 07:35	Virtual	Cycling Studio
Cardio Tennis*	09:30 - 10:25	Rosie	Tennis Court
Groove Resistance	09:30 - 10:15	Daniel	Studio 1
Yoga	09:30 - 10:25	Emma B	Studio 2
Aqua Aerobics	10:00 - 10:45	Steven	Swimming Pool
Groove Aerobics	10:30 - 11:15	Daniel	Studio 1
Stretch and Flex	10:30 - 11:15	Martina	Studio 2
Breathwork & Meditation	11:30 - 12:15	Emma	Studio 1
Pilates	11:30 – 12:25	Reas	Studio 2
Barre	17:00 – 17:30	Virtual	Studio 1
H.I.I.T	18:00 - 18:45	Andrew	Studio 1
Indoor Cycling	19:00 - 19:45	Trisha	Cycling Studio
Pilates	18:00 - 18:55	Amy	Studio 2
((BOUNCE)) BLAST	19:00 - 19:45	Freddie	Studio 1
Beginner Hatha Yoga	19:00 - 19:55	Amy	Studio 2
Zumba	20:00 - 20:45	Freddie	Studio 1

Thursday

CLASS	TIME	INSTRUCTOR	STUDIO
Functionally Fit	06:15 - 07:15	Gym Team	Performance Centre
Indoor Cycling	07:00 - 07:30	Virtual	Studio 1
20 /20 Aerobics Conditioning	09:30 - 09:20	Steven	Studio 2
((BOUNCE))	09:30 - 10:15	Martina	Studio 1
Tennis Coaching	09:30 - 10:30	Tennis Coach	Tennis Courts
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Easy Does It	10:30 - 11:15	Becky	Studio 1
Pilates	10:30 - 11:25	Amy	Studio 2
Mindful Movement & Meditation	11:30 - 12:15	Becky	Studio 2
Zumba	11:30 – 12:15	Virtual	Studio 1
Kickboxing	17:00 – 17:30	Virtual	Studio 1
Indoor Cycling	18:00 - 18:45	Becky	Cycling Studio
Total Body Tempo	18:00 - 18:45	Ben L	Studio 1
Dynamic Vinyasa Flow	18:00 - 18:55	Vicky	Studio 2
Zumba	19:00 - 19:45	Becky	Studio 1
Dynamic Vinyasa Flow	19:00 - 19:55	Vicky	Studio 2

Friday

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	07:00 – 07:30	Virtual	Studio 1
HIIT Strength	08:00 – 08:30	Virtual	Studio 1
Body Blitz	09:30 - 10:15	Martina	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
Pilates	09:30 - 10:25	Reas	Studio 2
Zumba	10:30 - 11:15	Becky	Studio 1
Stretch and Flex	10:30 - 11:15	Martina	Studio 2
Vinyasa Flow	11:30 - 12:25	Vicky	Studio 2
Flow	11:30 - 12:15	Steven	Studio 1
Aqua Aerobics	12:30 - 13:15	Steven	Swimming Pool
Indoor Cycling	18:00 – 18:45	Virtual	Cycling Studio
Yoga	18:00 - 18:55	Paul	Studio 2
Sound Bath	19:00 - 20:00	Zelda	Studio 1

Saturday

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	08:30 - 09:15	Becky	Cycling Studio
Yoga Basics	08:45 - 09:15	Virtual	Studio 1
Indoor Cycling	09:30 - 10:15	Becky	Cycling Studio
((BOUNCE))	09:30 - 10:15	Freddie	Studio 1
Groove Aerobics	09:30 - 10:15	Candy	Studio 2
Tight Assets	10:30 - 11:15	Becky	Studio 1
Pilates	11:30 - 12:25	Tash	Studio 2

Sunday

CLASS	TIME	INSTRUCTOR	STUDIO
Indoor Cycling	09:15 - 10:00	Jenny	Cycling Studio
ENERGIZE	10:05 - 10:55	Carlos	Studio 1
Yoga	11:00 - 11:55	Paul	Studio 2
Zumba	18:00 - 18:45	Becky	Studio 1
Mindful Movement & Meditation	19:00 - 19:45	Becky	Studio 1