

INDOOR CLASS TIMETABLE

FROM 26.10.21

MONDAY

07:10 - 07:50	Studio Cycling	Spin Studio	John
08:00 - 08:50	Box Fit	Fitness Studio	John
12:30 - 13:00	Core Strength HYBRID	Fitness Studio	Garreth
13:10 - 13:50	Bootcamp	Ancillary Hall	Garreth
13:10 - 13:50	Studio Cycling	Spin Studio	Instructor
17:10 - 17:50	Studio Cycling	Spin Studio	Daniel
18:10 - 18:50	FRC Upper HYBRID	Fitness Studio	Mark
18:10 - 18:40	Core Stregth	Wellness Studio	Catriona

TUESDAY

07:10 - 07:50	Bootcamp	Ancillary Hall	Daniel
08:10 - 08:40	Core Strength	Fitness Studio	Mark
12:30 - 13:00	Yogalates*	Wellness Studio	Catriona
12:30 - 13:00	HIIT	Fitness Studio	Daniel
13:10 - 13:50	Pilates* HYBRID	Wellness Studio	Karita
13:10 - 13:50	FRC Lower Body	Ancillary Hall	Mark
13:10 - 13:50	Studio Cycling	Spin Studio	Rebecca
16:10 - 16:50	Yogalates* HYBRID	Wellness Studio	Catriona
17:10 - 17:50	Functional Training	Ancillary Hall	Rebecca
18:10 - 18:50	Boxfit	Ancillary Hall	Garreth
18:30 - 19:00	Indoor Cycling	Spin Studio	John

WEDNESDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Rebecca
08:10 - 08:40	Hard Core HYBRID	Fitness Studio	Rebecca
12:30 - 13:00	Yogalates* HYBRID	Wellness Studio	Catriona
13:10 - 13:50	Studio Cycling	Spin Studio	Garreth
13:10 - 13:50	Boxfit	Fitness Studio	John
18:10 - 18:50	Functional Training	Ancillary Hall	Garreth
18:30 - 19:00	Indoor Cycling	Spin Studio	John
19:00 - 19:45	Bootcamp	Ancillary Hall	Daniel

THURSDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Instructor
08:10 - 08:50	Functional Training	Fitness Studio	Instructor
12:30 - 13:00	HIIT	Fitness Studio	Instructor
13:10 - 13:50	Studio Cycling	Spin Studio	Instructor
18:10 - 18:50	Studio Cycling	Spin Studio	Instructor

FRIDAY

07:10 - 07:50	Studio Cycling	Spin Studio	Instructor
08:10 - 08:50	Kettlebell & Core	Ancillary Hall	Instructor
13:10 - 13:50	Studio Cycling	Spin Studio	Instructor
17:10 - 17:50	Bootcamp	Ancillary Hall	Instructor

SATURDAY

10:15 - 10:55	Studio Cycling	Spin Studio	Instructor
11:05 - 12:05	Yoga* HYBRID	Wellness Studio	Clara
12:10 - 12:50	Functional Training	Fitness Studio	Instructor

***Please bring your own mat**