

Wellness STUDIO



MONDAY

12:15-13:00

Yogalates - Belinda

16:15-17:00

Yogalates - Catriona

TUESDAY

12:15-13:00

Yogalates - Catriona

13:05-13:55

Pilates* - Karita

16:15-17:00

Yogalates - Catriona

WEDNESDAY

12:15-13:00

Yogalates - Catriona

13:05-13:55

Core Strength &
Stretching - Martin

16:15-17:00

Yogalates - Belinda

FRIDAY

13:05-13:55

Pilates* - Lena

SATURDAY

12:05-13:05

Yoga* - Clara

SUNDAY

11:05-12:05

Yoga* - Elizabeth

** Not included in our Class Pass*

FITNESS STUDIO

MON

8:10-8:40

**Strength
& Core**
Martin

12:15-13:00

**Kettlebells
& Core**
Mark

13:05-13:50

Box Fit
Ryan

17:15-18:00

Pump N Burn
Catriona

18:15-19:00

**Kettlebells
& Core**
Mark

TUE

8:10-8:40

**HIIT Kettlebells
& Core**
Fionn

13:15-13:45

**Strength
& Core**
Tom

17:15-18:00

**Rip60
Kettlebells**
Martin

18:15-19:00

Box Fit
Ryan

WED

8:10-8:40

**Strength
& Core**
Tom

13:05-13:50

Box Fit
Tom

17:15-18:00

Pump N Burn
Belinda

18:15-19:00

**Kettlebells
& Core**
Mark

THU

8:10-8:40

**Strength
& Core**
Instructor

18:00-18:30

**30' Core
Strength**
Instructor

FRI

8:10-8:40

**Strength
& Core**
Instructor

13:05-13:50

**Body Weight
Burn**
Instructor

18:05-18:50

**Body Weight
Burn**
Instructor

SUN

11:10-11:40

**Strength
& Core**
Instructor



SPIN STUDIO

MON	7:30-8:00 HIIT Cycle Martin	13:05-13:50 Studio Cycling Fionn	17:30-18:00 HIIT Cycle Fionn
TUE	7:30-8:00 HIIT Cycle Fionn	13:05-13:50 Studio Cycling Martin	17:30-18:00 HIIT Cycle Belinda
WED	7:30-8:00 HIIT Cycle Catriona	13:05-13:50 Studio Cycling Ryan	18:00-18:30 HIIT Cycle Fionn
THU	7:30-8:00 HIIT Cycle Instructor	13:15-13:45 HIIT Cycle Instructor	17:15-17:45 HIIT Cycle Instructor
FRI	7:30-8:00 HIIT Cycle Instructor	13:15-13:45 HIIT Cycle Instructor	17:15-17:45 HIIT Cycle Instructor
SAT	10:30-11:00 HIIT Cycle Instructor		
SUN	10:30-11:00 HIIT Cycle Instructor		

