

FITNESS & WELLNESS CLASSES TIMETABLE

From Monday 2nd Jan until Sunday 2nd Jun 2024

MONDAY

07:30 - 08:00	HIIT Cycle	Spin Studio	Martin
08:10 - 08:40	Strength & Core	Fitness Studio	Martin
12:30 - 13:00	HIIT Kettlebells & Core	Fitness Studio	Mark
13:05 - 13:50	Boxfit	Fitness Studio	Garreth
13:05 - 13:50	Studio Cycling	Spin Studio	Ryan
16:15 - 17:00	Yogalates	Wellness Studio	Catriona
17:15 - 17:45	Strength & Core	Fitness Studio	Catriona
17:30 - 18:15	Studio Cycling	Spin Studio	Fionn
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark

TUESDAY

07:30 - 08:00	HIIT Cycle	Spin Studio	Instructor
08:10 - 08:40	HIIT Kettlebells & Core	Fitness Studio	Mark
12:15 - 13:00	Yogalates	Wellness Studio	Catriona
12:30 - 13:00	HIIT	Fitness Studio	Instructor
13:05 - 13:50	Studio Cycling	Spin Studio	Fionn
13:05 - 13:50	Pilates*	Wellness Studio	Karita
16:15 - 17:00	Yogalates	Wellness Studio	Catriona
17:30 - 18:00	Rip60/Kettlebells	Fitness Studio	Martin
18:05 - 18:50	Boxfit	Fitness Studio	Garreth
18:15 - 18:45	HIIT Cycle	Spin Studio	Instructor

WEDNESDAY

07:30 - 08:00	HIIT Cycle	Spin Studio	Fionn
08:10 - 08:40	Strength & Core	Fitness Studio	Fionn
12:15 - 13:00	Yogalates	Wellness Studio	Catriona
13:05 - 13:50	Studio Cycling	Spin Studio	Catriona
13:05 - 13:50	Box Fit	Fitness Studio	Ryan
13:05 - 13:50	Core Strenght & Stretch	Wellness Studio	Martin
17:30 - 18:15	Box Fit	Fitness Studio	Garreth
18:00 - 18:30	HIIT Cycle	Spin Studio	Martin
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark

THURSDAY

07:30 - 08:00	HIIT Cycle	Spin Studio	Instructor
08:10 - 08:40	Strength & Core	Fitness Studio	Instructor
13:05 - 13:50	CrossHIIT	Fitness Studio	Instructor
13:15 - 13:45	HIIT Cycle	Spin Studio	Instructor
17:15 - 17:45	HIIT Cycle	Spin Studio	Instructor
18:00 - 18:30	HIIT Cycle	Spin Studio	Instructor

FRIDAY

07:30 - 08:00	HIIT Cycle	Spin Studio	Instructor
08:10 - 08:40	Strength & Core	Fitness Studio	Instructor
13:05 - 13:55	Pilates*	Wellness Studio	Lena
13:05 - 13:50	CrossHIIT	Fitness Studio	Instructor
13:15 - 13:45	HIIT Cycle	Spin Studio	Instructor
17:15 - 17:45	HIIT Cycle	Spin Studio	Instructor
18:05 - 18:50	CrossHIIT	Fitness Studio	Instructor

SATURDAY

10:15 - 11:00	Studio Cycling	Spin Studio	Instructor
11:05 - 12:05	Yoga*	Wellness Studio	Clara
11:10 - 11:55	CrossHIIT	Fitness Studio	Instructor

SUNDAY

10:30 - 11:00	HIIT Cycle	Spin Studio	Instructor
11:05 - 12:05	Yoga*	Wellness Studio	Elizabeth
11:10 - 11:40	HIIT	Fitness Studio	Instructor

* NOT INCLUDED IN OUR CLASS PASS