

FITNESS & WELLNESS CLASSES TIMETABLE

From Monday 2nd Sep until Sunday 15th Dec 2024

MONDAY

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

TUESDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Emmet
08:10 - 08:40	HIIT Kettlebells & Core	Fitness Studio	Emmet
12:15 - 13:50	Yogalates	Wellness Studio	Catriona
13:05 - 13:50	Studio Cycling	Cycling Studio	Fionn
13:05 - 13:50	Pilates*	Wellness Studio	Karita
13:15 - 13:45	Strength & Core	Fitness Studio	Mark
16:15 - 17:00	Yogalates	Wellness Studio	Catriona
17:15 - 18:00	Rip60/Kettlebells	Fitness Studio	Martin
17:30 - 18:00	HIIT Cycle	Spin Studio	Belinda
18:15 - 19:00	Boxfit	Fitness Studio	Ryan

WEDNESDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Catriona
08:10 - 08:40	Strength & Core	Fitness Studio	Fionn
12:15 - 13:00	Yogalates	Wellness Studio	Catriona
13:05 - 13:50	Boxfit	Fitness Studio	Fionn
13:05 - 13:50	Studio Cycling	Cycling Studio	Ryan
13:05 - 13:50	Core Strength & Stretch	Wellness Studio	Martin
16:15 - 17:00	Yogalates	Wellness Studio	Belinda
17:15 - 17:50	Pump N Burn	Fitness Studio	Belinda
18:00 - 18:30	HIIT Cycle	Cycling Studio	Emmet
18:15 - 19:00	Kettlebells & Core	Fitness Studio	Mark

THURSDAY

07:30 - 08:00	HIIT Cycle	Cycling Studio	Instructor
08:10 - 08:40	Strength & Core	Fitness Studio	Instructor
13:05 - 13:50	Body Weight Burn	Fitness Studio	Instructor
13:15 - 13:45	HIIT Cycle	Cycling Studio	Instructor
17:15 - 17:45	HIIT Cycle	Cycling Studio	Instructor
18:00 - 18:30	Core Strength	Fitness Studio	Instructor

FRIDAY

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

SATURDAY

10:30 - 11:00	HIIT Cycle	Cycling Studio	Instructor
11:05 - 12:05	Yoga*	Wellness studio	Clara
11:15 - 12:00	Body Weight Burn	Fitness Studio	Instructor

SUNDAY

10:30 - 11:00	HIIT Cycle	Cycling Studio	Instructor
11:05 - 12:05	Yoga*	Wellness studio	Elizabeth
11:15 - 12:00	Strength & Core	Fitness Studio	Instructor

* NOT INCLUDED IN OUR CLASS PASS