

Class Timetable

	Room	Time	Class	Instructor	
Monday	Studio 2	07:00 – 07:45	Core Blast	Fitness Staff	
	Studio 1	09.30 – 10.25	Total Body Tone	Emma	
	Studio 1	13:05 – 13:50	BODYPUMP™	Roxanna	
	Studio 2	13:05 – 13:50	Pilates	Daniel	
	TTR	13.05 – 13.50	Metcon	Fitness Staff	← NEW
	Studio 1	17:30 – 18:25	Studio Cycling	Ashley	
	Studio 2	17:30 – 18:25	Zumba	Kazumi	
	Studio 1	18:30 – 19:25	Circuits	Fitness Team	
	Studio 2	18:30 – 19:25	Yoga	Martin	
Tuesday	Studio 1	07:00 – 07:45	Studio Cycling	Ashley	
	Studio 1	12.30 – 13.25	LBT	Judit	
	TTR	13:05 – 13:50	MetCon	Fitness Team	
	Studio 2	13.05 – 13.50	Pilates	Emma	← NEW
	Studio 1	17:30 – 18:25	Boxercise®	Elena	
	Studio 1	18:30 – 19:25	BODYPUMP™	Bernie	
	Studio 1	19:25 – 19:55	Grit Strength	Helen	← NEW
Wednesday	Studio 1	07.00 – 07.45	Circuits	Fitness Team	
	Studio 1	09.30 – 10.25	Step	Judit	
	Studio 2	12:15 – 13:00	Pilates	Lucia	
	TTR	13:05 – 13:50	Circuits	Fitness Team	← NEW
	Studio 1	13.05 – 13.50	Studio cycling	Judit	← NEW
	Studio 1	18:30 – 19:25	MetCon	Fitness Team	
	Studio 2	19:30 – 20:25	Zumba Toning	Zsana	← NEW
Thursday	Studio 1	07:00 – 07:45	Studio Cycling	Ashley	
	TTR	13:05 – 13:50	Circuits	Fitness Team	
	Studio 2	13:05 – 13:50	Iyengar Yoga	Arabella	
	Studio 1	18:30 – 19:25	BODYPUMP™	Kristian	
	Studio 2	18:30 – 19:25	Zumba©	Orsi	
	Studio 2	19:25 – 19:55	CXWorx	Kristian	← NEW
Friday	Studio 1	09.30 – 10.25	LBT	Judit	
	Studio 2	13:05 – 13:50	Ballet Barre	Emma	
	Studio 1	13:05 – 13:50	BODYPUMP™	Laura	← NEW
	TTR	13.05 – 13.50	Metcon	Fitness Staff	← NEW
	TTR	17:30 – 18:25	Circuits	Fitness Team	
	Studio 2	18:30 – 19:20	Yoga	Jessica	
Saturday	Studio 1	08:30 – 09:25	BODYPUMP™	Marta	

New Classes starting Monday 1 October!