

Class Timetable

| | Room | Time | Class | Instructor |
|------------------|----------|---------------|-----------------------------|--------------|
| Monday | Studio 2 | 07:30 – 08:15 | CoreXperience | Karim |
| | Studio 1 | 09:30 – 10:25 | Total Body Con. | Emma |
| | Studio 1 | 13:05 – 13:50 | BODYPUMP™ | Roxanna |
| | Studio 2 | 13:05 – 13:50 | Pilates | Daniel |
| | Studio 1 | 17:30 – 18:25 | Studio Cycling | Ashley |
| | Studio 2 | 17:30 – 18:25 | Zumba® | Emma |
| | 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 | Legs Bums & Tums | Judit |
| | TTR | 13:05 – 13:50 | MetCon | Fitness Team |
| | Studio 1 | 17:30 – 18:25 | Boxercise® | Jules |
| | Studio 1 | 18:30 – 19:25 | BODYPUMP™ | Bernie |
| Wednesday | Studio 1 | 07:00 – 07:45 | Circuits | Fitness Team |
| | Studio 1 | 09:30 – 10:25 | STEP | Judit |
| | Studio 2 | 12:30 – 13:15 | Pilates | Lucia |
| | Studio 1 | 18:30 – 19:25 | MetCon | Fitness Team |
| Thursday | Studio 1 | 07:00 – 07:45 | Studio Cycling | Ashley |
| | TTR | 13:05 – 13:50 | Circuits | Fitness Team |
| | Studio 2 | 13:00 – 13:55 | Iyengar Yoga | Arabella |
| | Studio 1 | 18:30 – 19:25 | BODYPUMP™ | Kristian |
| | Studio 2 | 18:30 – 19:25 | Zumba® | Orsi |
| Friday | Studio 2 | 07:30 – 08:15 | CoreXperience | Karim |
| | Studio 1 | 09:30 – 10:25 | Legs Bums & Tums | Judit |
| | Studio 2 | 13:05 – 13:50 | Ballet Barre | Emma |
| | 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 |



“Before you know it, you’ll be getting fit and your energy levels will be soaring!”