

Timetable start date 9th December 2024.

Name of Class	Start	Monday		Studio	Duration	Instructor
		Finish				
The Trip	6.20am	7.05am		Spin	45 min	Ilias
Hot Pilates	6.30am	7.15am		loft studio	45 min	karen
Kettle Bells	6:30am	7am		main	30 min	James
Hour Glass	9.15am	10am		studio 2	45 mins	kia
Body Pump	9:10am	9.55am		main	45 mins	dimi
The trip	9.15am	10am		spin studio	45 min	Louise
Yoga	10am	10.45am		loft studio	45 mins	sally
Step Aerobics	10.05am	10.50am		main	45 mins	Annette
Boxercise	10.05AM	10.05am		STUDIO 2	45 mins	dimi
Flow Yoga	11am	11.45am		loft studio	45 mins	sally
Hot Pilates	12:30pm	1.15pm		loft studio	45 mins	karen
Hot Yoga	4.30pm	5.15pm		loft studio	45 min	louise
The Trip	5pm	5.45pm		spin	45 min	Dimi
Boxercise	5.50pm	6.30pm		studio 2	40mins	dimi
Body jam	6pm	6.45pm		main	45 min	Anne
Yin Yoga	5.45pm	6.30pm		loft studio	45 min	Louise
The trip	6:40pm	7:15pm		spin	45 min	Dimi
HIIT	6:35pm	7.05pm		studio 2	30 min	Angelica
Zumba	6.55pm	7.40pm		main	45 min	andrea
Barre	7pm	7.45pm		loft studio	45 min	Anne
HIIT STRENGTH	7.10pm	7.40PM		studio 2	30 min	Angelica
Vibe	7.30pm	8.15pm		spin	45 min	Joanne
Body Pump	7.55pm	8.40pm		main	45 min	Dimi

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Green are in Sports Performance

Classes in Blue are in Studio 2

Tuesday

Name of Class	Start	Finish	Studio	Duration	Instructor
grit strength	6.15AM	6.45AM	MAIN	30 MIN	BRENDAN
CORE	7AM	7.45PM	MAIN	45 MIN	BRENDAN
Yin Yoga	7:15AM	8AM	Loft Studio	45 min	Zian
BODY PUMP	9.10AM	9.55AM	MAIN	45 min	DIMI
TRIP	09.20am	10.05AM	Spin Studio	45min	louise
Fab Abs, Killer Butt	10.05AM	10.50AM	MAIN	45 min	DIMI
Hatha Yoga	10.15AM	11AM	Loft Studio	45 min	Louise
BARRE	11.10AM	11.55AM	Loft Studio	45 MIN	Anne
BODY BALANCE	12pm	12.45PM	Loft Studio	45 min	Anne
PILATES	4.30PM	5.15PM	Loft Studio	45 MIN	KAREN
ZUMBA	5PM	5.45PM	MAIN	45 MIN	SUE/HANNAH
BODY PUMP	5.35PM	6.20PM	STUDIO 2	45 MIN	Dimi
HOT PILATES	5.30PM	6.15PM	Loft Studio	45 MIN	KAREN
BODY COMBAT	5.55PM	6.40PM	MAIN	45 MIN	SUE/HANNAH
The Trip	6.30PM	7.15PM	Spin Studio	45 MIN	Dimi
Shabam	6:55pm	7:40PM	MAIN	45 MIN	Amy
KETTLE BELLS	7.15PM	7.45PM	STUDIO 2	30 MIN	james
Hatha Yoga	7.15PM	8PM	Loft Studio	45 MIN	Zian
BODY PUMP	8PM	8.45PM	MAIN	45 MIN	Dimi
HOT PILATES	8.30PM	9.15PM	Loft Studio	45 MIN	KAREN

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance

Wednesday

Name of Class	Start	Finish	Studio	Duration	Instructor
SPRINT	6.10AM	6.40AM	SPIN STUDIO	30 MIN	BRENDAN
PILATES	6.30am	7.15AM	LOFT STUDIO	45 MIN	KAREN
TRIP	6.45AM	7.30AM	SPIN STUDIO	45 MIN	BRENDAN
STEP AEROBICS	09.15AM	10.00AM	MAIN	45 MIN	KIA
FLOW YOGA	9AM	9.45AM	LOFT STUDIO	45 MIN	SALLY
TRIP	9.45PM	10.30AM	SPIN STUDIO	45 MIN	Louise
AEROBICS	10:05AM	10:50AM	MAIN	45 MIN	Annette
HOT YOGA	10.15AM	11AM	LOFT STUDIO	45 MIN	SALLY
BODY BALANCE	11AM	11:45AM	MAIN	45 MIN	Anne
PILATES	11.30AM	12.15PM	LOFT STUDIO	45 MIN	KAREN
Body Pump	5.10pm	5.55pm	MAIN	45 min	louise
PILATES	5.15PM	6PM	LOFT STUDIO	45 MIN	LISA
ZUMBA	6PM	6.45PM	MAIN	45 MIN	SUE/HANNAH
HOT PILATES	6.15PM	7PM	LOFT STUDIO	45 MIN	LISA
KETTLE BELLS	6.15PM	6.45PM	STUDIO 2	45 MIN	james
TRIP	7PM	7.45PM	SPIN STUDIO	45 MIN	illias
LEGS,BUMS,TUMS	7.05PM	7.50PM	MAIN	45 MIN	LISA
HIIT	7.15PM	7.45PM	STUDIO 2	30 MIN\	Angelica
grit strength	7.55PM	8.25PM	STUDIO 2	30 MIN	illia
PILATES	7.55PM	8.40PM	MAIN	45 MIN	LISA
HOT PILATES	8.45PM	9.30PM	LOFT STUDIO	45 MIN	LISA

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance

Thursday

Name of Class	Start	Finish	Studio	Duration	Instructor
GRIT STRENGTH	6.15AM	6.45AM	MAIN	30 MIN	BRENDAN
TRIP	6.20AM	7.05AM	SPIN STUDIO	45 MIN	MICHELLE
CORE	7AM	7.40AM	MAIN	40 MIN	BRENDAN
YIN YOGA	7.15AM	8AM	LOFTSTUDIO	45 MIN	Louise
body pump	9.10AM	9.55AM	MAIN	45 MIN	Tuesdae
TRAIN FOR POWER	9.15AM	9.45AM	Sports Perform	30 MIN	JAMES
BODY BALANCE	09.15AM	10.00AM	LOFTSTUDIO	45 MIN	KIA
TRIP	9.30AM	10.15AM	SPIN STUDIO	45 MIN	MICHELLE
KETTLE HIT	10.15AM	10.45AM	MAIN	30 MIN	Tuesdae
PILATES	10.15AM	11AM	LOFTSTUDIO	45 MIN	LISA
STEP AEROBICS	11.05AM	11.50AM	MAIN	45 MIN	Tuesdae
HOT PILATES	11.15AM	12PM	LOFT STUDIO	45 MIN	LISA
PILATES	12.30PM	1.15PM	LOFT STUDIO	45 MIN	KAREN
BODY JAM	5.15pm	6.00pm	MAIN	45 MIN	ANNE
VIBE	5.30PM	6.15PM	SPIN STUDIO	45 MIN	JOANNE
HATHA YOGA	5.40PM	6.25PM	LOFT STUDIO	45 MIN	LOUISE
Body Balance	6.05pm	6.35pm	Body Balance	30 min	Anne
KETTLE BELLS	6.15PM	6.45PM	STUDIO 2	30 MIN	JAMES
LETS RIDE	6.20PM	7.05PM	SPIN STUDIO	45 MIN	Angelica
ZUMBA	6.40PM	7.25PM	MAIN	45 MIN	ANDREA
GRIT ATHLETC	6.55PM	7.25PM	STUDIO 2	30MIN	ILLIAS
LETS RIDE	7.30PM	8.15PM	SPIN STUDIO	45 MIN	Angie
GRIT STRENGTH	7.35pm	8.05pm	MAIN	30 MIN	Ilias
GRIT CARDIO	8.10pm	8.40pm	MAIN	30 MIN	Ilias
YIN YOGA	8.30PM	9.15PM	LOFT STUDIO	45 MIN	IOUISE

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance

Friday

Name of Class	Start	Finish	Studio	Duration	Instructor
Body Pump	6.30AM	7.15AM	MAIN	45 MIN	DIMI
TRIP	6.50AM	7.35AM	SPIN STUDIO	45 MIN	MICHELLE
FAB ABS KILLER BUT	09.15AM	10.00AM	MAIN	45 MIN	KIA
TRIP	9:15AM	10AM	SPIN STUDIO	45 MIN	DIMI
BODY BALANCE	10.05AM	10.50AM	MAIN	45 MIN	Tuesdae
kettle bells	10.30AM	11AM	studio 2	30 MIN	JAMES
Body Pump	5.00pm	5.45pm	main studio	45 min	louise
Vibe	5:30PM	6.15PM	SPIN STUDIO	45 MIN	JOANNE
BODY JAM	6.15PM	7PM	MAIN	45 MIN	ANNE
ZUMBA	7.15PM	8.00PM	MAIN	45 MIN	HANNAH/SUE

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance

Saturday

Name of Class	Start	Finish	Studio	Duration	Instructor
The trip	7.30am	8.15am	spin	45 min	michelle
Equipment Circuit	7.30am	8.15am	studio 2	45 min	pep
Zumba	8.30AM	9.15AM	main	45 min	andrea
Body weight	8.25am	9.10am	studio 2	45 min	pep
Barre	9.15am	10am	loft studio	45 min	anne
Bootcamp	9.25am	9.55am	studio 2	30 min	pep
the trip	9:30am	10.15am	spin	45 min	michelle
Hatha Yoga	10.15am	11am	loft studio	45 min	louise
Pad Fit	10.20am	11.05am	main	45 min	pep
Pilates	11.15am	12.00pm	loft studio	45 min	louise
Flow Yoga	5.00pm	5.45pm	loft studio	45 min	Katy
Hot Yoga	6.00pm	6.45pm	loft studio	45 min	Katy

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance

Sunday

Name of Class	Start	Finish	Studio	Duration	Instructor
the trip	7.10AM	7.55AM	spin studio	45 min	Llias
GRIT STRENGTH	8am	8.30AM	MAIN	45 min	LLIAS
vibe	8.45am	9.30am	spin studio	45 min	Joanne
Shanamm	9am	9.45am	main	45 min	AMY
vibe	9.40AM	10.25AM	spin studio	45 min	joanne
Pilates	10.00am	10.45am	MAIN	45min	karen
pilates	11am	11.45am	main	45 min	karen
Yin Yoga	12.00PM	12.45PM	Loft Studio	45 min	Louise
Hot Pilates	6.00PM	6.45PM	Loft Studio	45 min	karen
lets ride	6.45pm	7.30pm	spin studio	45 min	angie

Classes in Red are in the Spin Studio

Classes in Brown are in the loft studio

Classes in Black are in the Main Studio

Classes in Blue are in Studio 2

Classes in Green are in Sports Performance