

CLASS TIMETABLE

Monday

06:45	●●	30m	Functional Strength	F	Rey
09:15	●●	45m	Conditioning	D3	Jas
09:15	●	45m	Tower Reformer (Suitable All)	R	Becca
10:15	●	45m	Mat Pilates	D3	Michel
10:15	●	30m	Vitality HIIT	F	Rey
10:15	●	45m	Holistic Reformer (Beginner)*	R	Jas
12:15	●	45m	Aqua	P	Chris
17:45	●●	45m	Vitality Pump	D3	Carl
17:45	●	45m	Holistic Reformer (Beginner)*	R	Monika
18:35	●	45m	Endurance Reformer (Advanced)*	R	Monika
18:35	●	45m	Endurance Combat	D3	Chris
18:45	●	30m	Vitality HIIT	F	Hayley
18:45	●	30m	Endurance Cycle	C	Carl
19:30	●	45m	Mat Pilates	F	Monika
19:30	●	45m	Aqua	P	Chris

Tuesday

06:45	●●	45m	Vitality Pump	D3	Carl
09:15	●●	45m	Vitality Pump	D3	Carl
09:15	●	45m	Holistic Reformer (Beginner)*	R	Jas
10:05	●	30m	Vitality HIIT	D3	Carl
10:45	●	60m	Holistic Yoga	D3	Sophie
17:45	●●	45m	Vitality Pump	D3	Chris
17:45	●	45m	Holistic Reformer (Beginner)*	R	Emily
18:00	●	45m	Endurance Cycle	C	Hayley
18:00	●	30m	Vitality HIIT	F	Jas
18:35	●	45m	Dance	D3	Jas
18:35	●	45m	Vitality Reformer (Intermediate)*	R	Emily

Wednesday

06:45	●	30m	Vitality HIIT	D3	Matt
09:15	●	45m	Endurance Combat	D3	Chris
09:15	●	45m	Holistic Reformer (Beginner)*	R	Jas
10:15	●	60m	Vitality Yoga	D3	Becca
12:15	●	45m	Aqua	P	Chris
18:00	●	45m	Endurance Combat	D3	Chris
18:00	●	45m	Holistic Reformer (Beginner)*	R	Jude
18:50	●	45m	Endurance Reformer (Advanced)*	R	Jude
18:50	●	45m	Mat Pilates	D3	Monika

Thursday

06:45	●	30m	Endurance Cycle	C	Hayley
06:45	●	45m	Endurance Reformer (Advanced)*	R	Becca
09:15	●	45m	Step	D3	Chris
09:15	●	45m	Endurance Reformer (Advanced)*	R	Becca
10:10	●●	30m	Vitality Pump	D3	Carl
10:45	●	30m	Vitality HIIT	D3	Carl
17:45	●●	45m	Vitality Pump	D3	Carl
18:00	●	45m	Holistic Reformer (Beginner)*	R	Jas
18:35	●	45m	Dance	D3	Chris
18:50	●	45m	Vitality Reformer (Intermediate)*	R	Jas
18:45	●	30m	Vitality HIIT	F	Hayley
18:45	●	30m	Endurance Cycle	C	Carl

Friday

06:45	●●	30m	Conditioning	F	H/R
09:15	●	45m	Dance	D3	Chris
09:15	●	45m	Holistic Reformer (Beginner)*	R	Jude
10:05	●	45m	Vitality Reformer (Intermediate)*	R	Jude
10:05	●	60m	Holistic Yoga	D3	Liz
10:15	●	30m	Vitality HIIT	F	Hayley
17:45	●	30m	Vitality HIIT	F	Oilly/Matt
17:45	●	45m	Holistic Reformer (Beginner)*	R	Jas

Saturday

08:30	●	45m	Step	D3	Chris
08:30	●	45m	Holistic Reformer (Beginner)*	R	Becca
09:20	●	45m	Vitality Reformer (Intermediate)*	R	Becca
09:15	●	45m	Endurance Cycle	C	Carl
09:20	●	45m	Endurance Combat	D3	Chris
10:15	●●	45m	Vitality Pump	D3	Carl

Key

- Endurance
- Vitality
- Holistic

D3: D3 Studio
F: Functional Studio
C: Cycle Studio
R: Reformer Studio
P: Pool

H: Hayley
R: Rey

Sunday

09:00	●	45m	Holistic Reformer (Beginner)*	R	Jas
09:45	●●	30m	Vitality Pump	D3	Dawn
09:50	●	45m	Vitality Reformer (Intermediate)*	R	Jas
10:20	●	30m	Vitality HIIT	D3	Dawn

*Reformer membership or PAYG required to book