

CLASS TIMETABLE

Monday

06:45	●●	30m	Functional Strength
09:15	●●	45m	Conditioning
09:15	●	45m	Tower Reformer (Sutiable All)*
10:15	●	45m	Mat Pilates
10:15	●	45m	No Spring Flow (Advanced)*
12:15	●	45m	Aqua
17:45	●	45m	Vitality Pump
17:45	●	45m	Holistic Reformer (Beginner)*
18:35	●	45m	Circuits Reformer (Intermediate)*
18:35	●	45m	Endurance Combat
18:45	●	30m	Vitality HIIT
18:45	●	30m	Endurance Cycle
19:30	●	45m	Mat Pilates
19:30	●	45m	Aqua

F	Rey
D3	Jas
R	Becca
D3	Michel
R	Jas
P	Chris
D3	Carl
R	Monika
R	Monika
D3	Chris
F	Sophie
C	Carl
F	Monika
P	Chris

Tuesday

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

Wednesday

06:45	●	30m	Vitality HIIT
09:15	●	45m	Endurance Combat
09:15	●	45m	Tower Reformer - All Levels*
10:15	●	60m	Vitality Yoga
12:15	●	45m	Aqua
18:00	●	45m	Endurance Combat
18:00	●	45m	Holistic Reformer (Beginner)*
18:50	●	45m	No Spring Flow (Advanced)*
18:50	●	45m	Mat Pilates

D3	Matt
D3	Chris
R	Jas
D3	Becca
P	Chris
D3	Chris
R	Jude
R	Jude
D3	Monika

Thursday

06:45	●	30m	Endurance Cycle	C	Matt
06:45	●	45m	Circuits Reformer (Intermediate)*	R	Becca
09:15	●	45m	Step	D3	Chris
09:15	●	45m	Circuits Reformer (Advanced)*	R	Becca
10:15	●●	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	Tower Reformer (All levels)*	R	Jas
18:45	●	30m	Vitality HIIT	F	Monika
18:45	●	30m	Endurance Cycle	C	Carl

Friday

06:45	●●	30m	Vitality HIIT
09:15	●	45m	Dance
09:15	●	45m	Holistic Reformer (Beginner)*
10:05	●	45m	Jumpboard (Intermediate)*
10:05	●	60m	Holistic Yoga
10:15	●	30m	Functional Strength
17:45	●	30m	Vitality HIIT
17:45	●	45m	Circuits Reformer (Intermediate)*

F	Rey
D3	Chris
R	Jude
R	Jude
D3	Liz
F	Rey
F	Olly/Maria
R	Jas

Saturday

08:30	●	45m	Step	D3	Chris
08:30	●	45m	Tower Reformer (Beginner)*	R	Becca
09:20	●	45m	No Spring Flow (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
09:15	●●	30m	Vitality HIIT	F	Matt/Olly
09:50	●	45m	Vitality Reformer(Intermediate)*	R	Jas
10:20	●	30m		D3	Dawn

*Reformer membership or PAYG required to book