

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

Tuesday

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

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
17:30	●	45m	Holistic Reformer (Beginner)*
18:35	●	45m	No Spring Flow (Advanced)*
18:50	●	45m	Mat Pilates

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

06:45	●	30m	functional Strength	F	Rey
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
17:30	●	45m	Holistic Reformer (Beginner)*	R	Jas
18:35	●	45m	Dance	D3	Chris
18:35	●	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	F	Rey
09:15	●	45m	Dance	D3	Chris
09:15	●	45m	Holistic Reformer (Beginner)*	R	Jude
10:05	●	45m	Jumpboard (Intermediate)*	R	Jude
10:05	●	60m	Holistic Yoga	D3	Liz
10:15	●	30m	Functional Strength	F	Rey
17:45	●	30m	Vitality HIIT	F	Oilly/Maria
17:45	●	45m	Circuits Reformer (Intermediate)*	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

Sunday

09:00	●	45m	Holistic Reformer (Beginner)*	R	Jas
09:15	●●	30m	Vitality HIIT	F	Maria/Oilly
09:50	●	45m	Vitality Reformer(Intermediate)*	R	Jas
10:00	●	45m	Vitality Pump	D3	Dawn

*Reformer membership or PAYG required to book