

Studio classes timetable

Thursday 23rd December 2021 – Monday 3rd January 2022

Thursday 23rd December

Spin	6.30 – 7.15am	Donal, Group Cycle
Body Pump	7 – 7.45am	Blair, Studio One
Body Pump	8.30 – 9.15am	Ayesha, Studio One
Spin	9.20 – 10.05am	Ayesha, Group Cycle
Fit Ball	10.10 – 10.55am	Ayesha, Studio One
Pilates	10.15 – 11.15am	Pamela, Studio Two
Aqua	11 – 11.45am	Ayesha, Indoor Pool
Body Pump	11.45am - 12.45pm	Pamela, Studio Two
LBT	12 - 12.45pm	Ayesha, Studio One
Yoga	1-2pm	Pamela, Studio One
Spin	6.30 – 7.15pm	Tanysha, Group Cycle

Friday 24th December

GRIT	6.15 - 6.45am	Donal, Studio One
HIIT and Core	7.45 - 8.30am	Tanysha, online
Body Pump	7 - 7.45am	Donal, Studio One
HIIT and Core	8.30 – 9.15am	Clare, Studio One
Circuits Bootcamp	9 - 9.45am	Roy, Lime Tree Lawn
Aqua	9 - 9.45am	Susanne, Indoor Pool
Spin	9.30 – 10.15am	Clare, Group Cycle
BodyBalance	11am - 12pm	Tom, Studio Two
Body Pump	12.15 - 1.15pm	Pamela, Studio Two

Saturday 25th December – Closed

Sunday 26th December – Closed

Monday 27th December

LBT	10 - 10.45am	Susanne, Studio One
Sivananda Yoga	6.30 - 8pm	Alison, Studio Two

Tuesday 28th December

HIIT and Core	8.30 - 9.15am	Clare, Studio One
Aqua	9 – 9.45am	Korol, Indoor Pool
Spin	9.30-10.15am	Clare, Group Cycle
Body Pump	9.45 – 10.45am	Gabrielle, Studio One
Pilates	10.45 - 11.45am	Pamela, Studio One

Wednesday 29th December

Abs	9 - 9.45am	Susanne, Studio One
Spin	9 – 9.45am	Charlotte, Group Cycle
Express Spin	10 - 10.30am	Charlotte, Group Cycle
Conditioning	10.45 - 11.15am	Charlotte, Studio Two
Pilates	11.30 - 12.30pm	Susanne, Studio One
Aqua	11.20 - 12pm	Ayesha, Indoor Pool
Body Pump	1 – 2pm	Pamela, Studio One

Thursday 30th December

Body Pump	8.30 - 9.15am	Ayesha, Studio One
Spin	9.20 - 10.05am	Ayesha, Group Cycle
Pilates	10.15 - 11.15am	Pamela, Studio Two
Body Pump	11.45 - 12.45am	Pamela, Studio Two
Yoga	1 – 2pm	Pamela, Studio One

Friday 31st December

HIIT and Core	8.30 - 9.15am	Clare, Studio One
Circuit Bootcamp	9 – 9.45am	Roy, Lime Tree Lawn
Aqua	9 - 9.45am	Susanne, Indoor Pool
Spin	9.30 – 10.15am	Clare, Group Cycle
Back to basics Pilates	10 – 11am	Susanne, Studio One
Body Balance	11am – 12pm	Tom, Studio Two
Body Pump	12.15 – 1.15pm	Pamela, Studio Two

Saturday 1st January

Spin	9.30 - 10.15am	Lauren, Group Cycle
Body Pump	11am - 12pm	Zuzana, Studio One

Sunday 2nd January

Spin	9.30 - 10.15am	Charlotte/Bella, Group Cycle
Spin	10.30 - 11.15am	Charlotte/Bella, Group Cycle
Body Pump	10.15 - 11am	Zuzana, Studio One
Pilates	11.30 - 12.30pm	Lauren, Studio One

Monday 3rd January

Hatha Yoga	8.45 - 9.45am	Pamela, Studio One
Express Spin	10 - 10.30am	Tanysha, Group Cycle
LBT	10 - 10.45am	Susanne, Studio One
Pilates	10 - 11am	TBC, Studio Two
Aqua HIIT	11 – 11.40am	Tanysha, Indoor Pool
Body Pump	11 – 11.45am	Zuzana, Studio One
Pilates	12 – 1pm	Lauren, Studio One
Sivananda Yoga	6.30 - 8pm	Alison, Studio Two

Tuesday 4th January return to normal timetable