

Summer Timetable Instructor List

Monday 4th August – Sunday 10th August 2025



Monday 4th August	7.45am	Pilates	Lauren
	7.50am	HIIT and Core	Clare
	8.45am	Spin	Clare
	8.50am	Yoga	Pamela
	8.50am	Back 2 Basics Pilates	Lauren
	9.55am	LBT	Lauren
	10am	Hyrox	Ricky
	10.30am	FitBall	Ayesha
	10.45am	Ab Conditioning	Lauren
	10.50am	Aqua HIIT	Phillippa
	11.35am	Forever Fit	Lauren
	12pm	Power Yoga	Zuzana
	12.45pm	Pilates	Lauren
	2.15pm	Reformer Pilates	Lauren
	3pm	Tai Chi 24 Form	Graham
	6.30pm	Spin	Alex
	6.30pm	Sivinanda Yoga	Alison
	7.30pm	HIIT	Alex
Tuesday 5th August	6.15am	GRIT	Donovan
	6.30am	Spin	Ayesha
	7.15am	Box Fit	Donovan
	8am	Sculpt	Clare
	8.30am	Bootcamp	Donovan
	9am	Spin	Clare
	9.30am	Body Pump	Gabrielle
	9.45am	Aqua	Phillippa
	10am	TRX	Ryan
	10.45am	Pilates	Pamela
	10.45am	Zumba	Anita
	11am	Hydro Spin	No instructor
	12.15pm	Stretch	Ryan
	1pm	Vinyasa Flow Yoga	Daisy
	6.45pm	Circuits	Roy
	7pm	Pilates	Lana
Wednesday 6th August	6.30am	Body Pump	Lana S2 40min
	7.15am	Sculpt	Clare
	7.45am	Stretch Pilates	Lana Garden Room
	8am	Hydro	No instructor
	8.15am	Spin	Clare
	9am	Vinyasa Flow Yoga	Aoife S2
	9am	Bootcamp	Ryan
	10.05am	Fitball	Ayesha
	10.15am	Yin Yang Yoga	Aoife Garden room
	11am	Aqua	Ayesha
	11am	Body Pump	Boryana
	11.30am	Pilates	Lana Garden room
	12.15pm	Body Balance	Boryana

	2pm	Tai Chi TCA	Graham Cancelled
	3pm	Tai Chi Sun 73	Graham Cancelled
	6.30pm	Pilates	Jocelyn
Thursday 7th August	6.15am	HIIT	Ricky S2
	8.45am	Pilates	Lana Garden Room
	9am	Bootcamp	Sophia
	9am	Body Pump	Ayesha
	10am	Spin	Ayesha
	10am	Forever Fit	Anita S2
	11am	Advance Pilates	Pamela S2
	11am	Aqua	Ayesha
	12.05pm	LBT	Ayesha
	12.10pm	Body Pump	Pamela Cancelled
	1.15pm	Stretch	Ryan S2
	6.30pm	Spin	Alex
Friday 8th August	7am	Body Pump	Boryana S2
	8.15am	Sculpt	Clare Cancelled
	8.45am	Reformer Pilates	Lana
	9am	Aqua	Phillippa
	9am	Bootcamp	Roy
	9.15am	Spin	Clare
	10am	TRX	Ryan
	10am	Back to Basics Pilates	Lana Garden Room
	11am	Hydro Circuit	Ayesha
	12.15pm	Body Pump	Pamela
	12.30pm	Pilates	Lana Garden Room
	1.45pm	Vinyasa Flow Yoga	Daisy S2
Saturday 9th August	7.45am	Pilates	Jo-Ann
	8.45am	Aqua	Susan
	9am	HIIT	Boryana
	9am	Spin	Lauren
	9am	Body Pump	Ayesha
	10am	Step	Lauren
	10am	LBT	Ayesha
	11am	Hyrox	Boryana
	11am	Spin	Ayesha
	11am	Pilates	Lauren
	11.30am	Body Balance	Jade
	12.15pm	Power Yoga	Madeline
	3pm	Sivananda Yoga	Alison
	4.45pm	Circuits	Boryana
Sunday 10th August	7.45am	Pilates	Lauren
	8.10am	Hydro Spin	Ayesha
	9am	Pilates	Lauren
	9am	LBT	Ayesha
	9.30am	Bootcamp	Ricky
	10am	Spin	Charlotte
	10.15am	Body Pump	Ayesha
	10.15am	TBW	Lauren
	11.30am	Pilates	Lauren
	1.45pm	Reformer Pilates	Lauren