

Group Exercise Timetable

from 8th April 2024



Monday			
07:30-08:00	HIIT	Gym Floor	Gym Team
09:30-10:30	Pilates	Mind & Body	Ava
09:30-10:30	Cyclone	Cycle Studio	Lana
09:30-10:30	Total Body Workout	Energise	Tara
10:45-11:45	Pilates	Mind & Body	Ava
10:45-11:45	Body Pump	Energise	Mari
12:15-13:00	Aqua	Pool	Ayesha
12:30-13:00	circ-x	Gym Floor	Gym Team
13:15-14:00	Body Conditioning	Energise	Ayesha
14:05-14:50	Stretch	Energise	Ayesha
18:30-19:00	Kettlebells-x core	Gym Floor	Gym Team
18:30-19:15	Cyclone	Cycle Studio	Lana
18:30-19:30	Yin Yoga	Mind & Body	Sarah
19:15-19:45	circ-x	Gym Floor	Gym Team
19:30-20:30	Body Pump	Energise	Lana

Tuesday			
06:45-07:30	Body Pump	Energise	Mari
07:30-08:00	circ-x	Gym Floor	Gym Team
08:30-09:30	Pilates	Mind & Body	Pamela
09:30-10:15	Cyclone	Cycle Studio	Claire
09:30-10:30	Body Conditioning	Energise	Gemma
09:45-10:45	Yoga	Mind & Body	Daphne
10:40-11:40	LBT	Energise	Tara
12:00-12:30	Kettlebells-x core	Gym Floor	Gym Team
12:00-13:00	Pilates	Mind & Body	Lana
18:30-19:30	Yoga Flow	Mind & Body	Mariam
18:30-19:30	Zumba	Energise	Luis
19:30-20:15	Cyclone	Cycle Studio	Luis
19:40-20:10	HIIT	Energise	Gym Team

Wednesday			
06:45-07:20	circ-x	Gym Floor	Gym Team
06:45-07:30	Cyclone	Cycle Studio	Hazel
08:00-08:30	circ-x	Gym Floor	Gym Team
08:45-09:30	Aerobics	Energise	Ayesha
09:30-10:30	Yoga Flow	Mind & Body	Tallulah
09:35-10:20	Cyclone	Cycle Studio	Tara
10:30-11:15	Aqua	Pool	Selina
10:30-11:30	Zumba	Energise	Marina
10:45-11:30	Yin Stretch	Mind & Body	Daphne
12:00-13:00	Tai Chi	Mind & Body	Anna
12:00-12:45	Jumpfit	Energise	Ayesha
18:00-19:00	Pilates	Mind & Body	Abi
18:15-18:45	HIIT	Gym Floor	Gym Team
18:30-19:15	Cyclone	Cycle Studio	Lana
19:00-19:45	Aqua	Pool	Susan
19:15-20:15	Vinyasa Yoga	Mind & Body	Sarah
19:30-20:30	Body Pump	Energise	Lana

Thursday			
07:00-07:30	circ-x	Gym Floor	Gym Team
09:30-10:15	Cardio Blast	Energise	Sarah B
09:30-10:15	Cyclone	Cycle Studio	Tara
09:50-10:50	Pilates	Mind & Body	Vanessa
10:30-11:30	Body Pump	Energise	Tara
11:00-12:00	Yoga	Mind & Body	Christina
11:40-12:25	Stretch	Energise	Tara
12:00-12:30	Kettlebells-x core	Gym Floor	Gym Team
17:30-18:30	Yoga for Alignment	Mind & Body	Mariam
18:00-18:30	Weights-x	Gym Floor	Gym Team
18:30-19:15	Boxercise	Energise	Lana
19:20-20:20	Pilates	Mind & Body	Lana
19:30-20:30	Zumba	Energise	Luis

Friday			
06:45-07:15	circ-x	Gym Floor	Gym Team
06:45-07:30	Cyclone	Cycle Studio	Hazel
09:00-09:30	circ-x	Gym Floor	Gym Team
09:30-10:30	Body Conditioning	Energise	Tara
09:30-10:15	Cyclone	Cycle Studio	Ivo
09:45-10:45	Yoga Flow	Mind & Body	Natalie
10:45-11:30	Aqua	Pool	Vanessa
10:40-11:35	Barre	Energise	Tara
10:50-11:35	Gentle Yoga	Mind & Body	Natalie
11:45-12:45	Tai Chi	Energise	Anna
12:00-12:30	Kettlebells-x core	Gym Floor	Gym Team
12:00-13:00	Pilates	Mind & Body	Vanessa
12:50-13:50	Zumba	Energise	Yassine
13:00-14:00	Bone Density Pilates	Mind & Body	Vanessa

Saturday			
09:15-10:00	Cardio Blast	Energise	Elizabeth
09:15-10:15	Pilates	Mind & Body	Louise
09:15-10:15	Cyclone	Cycle Studio	Tara
10:00-10:30	HIIT	Gym Floor	Gym Team
10:30-11:30	Cyclone	Cycle Studio	Tara
10:30-11:30	Body Pump	Energise	Lana
10:30-11:30	Vinyasa Yoga	Mind & Body	Sarah
11:15-11:45	Kettlebells-x core	Gym Floor	Gym Team
11:40-12:40	Pilates	Energise	Lana
12:00-13:00	Pilates Fundamentals	Mind & Body	Tara

Sunday			
09:00-10:00	Cyclone	Cycle Studio	Ivo
09:30-10:15	Cardio Blast	Energise	Joel
10:15-11:00	Aqua	Pool	Susan
10:15-11:15	Yoga	Mind & Body	Daphne
10:30-11:30	Body Pump	Energise	Tara
11:15-11:45	circ-x	Gym Floor	Gym Team
12:00-12:45	Stretch	Mind & Body	Ayesha
12:45-13:15	Cyclone	Cycle Studio	Joel



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