

Timetable

Monday

8.50 - 9.20 am	Group Rowing	30 minutes
9.30 -10.15 am	Barbell Blitz	45 minutes
10.40 -11.40 am	Hatha Yoga	60 minutes
5.00 - 5.45 pm	Group Spin	45 minutes
6.00 - 6.45 pm	Kettle & Core	45 minutes
6.00 - 6.45 pm	Group Spin	45 minutes
7.00 - 8.00 pm	Vinyasa Flow Yoga	60 minutes

Tuesday

7.00 - 7.45 am	TRX	45 minutes
6.00 - 6.45 pm	Barbell Blitz	45 minutes
6.00 - 6.45 pm	Group Spin	45 minutes
7.00 - 7.50 pm	Cardio Combo	50 minutes

Wednesday

7.00 - 7.45 am	TRX	45 minutes
7.30 - 8.30 am	Reform Pilates	60 minutes
9.15 -10.05 am	Classic Mat Pilates	50 minutes
12.00 -12.30 pm	Group Spin	30 minutes
12.30 - 1.15 pm	Barbell Blitz	45 minutes
6.00 - 6.45 pm	Group Spin	45 minutes
6.00 - 6.30 pm	Group Rowing	30 minutes
7.00 - 8.00 pm	Yin Yoga	60 minutes

Thursday

7.30 - 8.20 am	Classic Mat Pilates	50 minutes
10.15 -11.45 am	Ashtanga/Yin Fusion	90 minutes
1.00 - 2.00 pm	Tai Chi Chuan	60 minutes
5.50 - 6.35 pm	Barbell Blitz	45 minutes
5.55 - 6.40 pm	Group Spin	45 minutes
6.50 - 7.30 pm	HIIT	40 minutes

Friday

9.00 - 9.30 am	Group Rowing	30 minutes
9.30 -10.15 am	Group Spin	45 minutes
10.30 -11.30 am	Yin Yoga	60 minutes
5.30 - 6.15 pm	TRX	45 minutes
5.50 - 6.35 pm	Group Spin	45 minutes
6.45 - 7.45 pm	Yin Yoga	60 minutes

Saturday

7.40 - 8.20 am	HIIT	40 minutes
8.30 - 9.15 am	Barbell Blitz	45 minutes
9.30 - 10.15 am	Barbell Blitz	45 minutes