











FITNESS CLASSES TIMETABLE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday
Time	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer	Mat	Reformer
5.45am			Jump		Daily Reformer		Daily Reformer		Daily Reformer				
6.00am				Mat									
6.15am			Daily Reformer										
6.30am	Daily Reformer				Supercharged		Daily Reformer		Jump				
7am			Burn								Jump	Refined Barre	
7.15am	Jump						Supercharged						
7.30am					Jump						Daily Reformer		
7.45am	Stretch and Relax												Jump
8am									Daily Reformer	TRX			
8.15am			Daily Reformer		Daily Reformer		Supercharged				Stretch and Relax	Mat	Daily Reformer
8.30am						Mat		Mat					
8.45am		Mat							Burn				
9am				Mat							Daily Reformer	Yoga	Stretch and Relax
9.15am			Supercharged		Supercharged	Stretch and Release	Daily Reformer		Supercharged				
9.45am	Daily Reformer										Burn		Daily Reformer
10am												Yoga	
10.30am													Burn
4pm					Daily Reformer								
4.15pm													Yoga
4.30pm	Daily Reformer												
5.00pm			Daily Reformer										
5.15pm				TRX	Daily Reformer	TRX	Daily Reformer	Mat				Yoga	
5.30pm		Mat											
5.45pm			Daily Reformer										
6pm				Mat	Daily Reformer	Refined Barre	Jump	Yoga					
6.15pm		Yoga											
6.30pm			Stretch and Relax		Stretch and Relax		Stretch and Relax						
6.45pm				Stretch and Release									
7.00pm								Yoga					

REFORMER ROOM

-  Daily Reformer
-  Jump
-  Stretch and Relax
-  Burn
-  Supercharged

MAT ROOM

-  Refined Barre
-  Yoga
-  TRX
-  Mat
-  Stretch and Release

*Please note bookings are essential
 ** classes will only run with good attendance
 *** classes and instructors are subject to change
 ****Use our app or website to book and confirm class type and teacher