

## Fitness Class Timetable Commencing September 2023

Monday Fitness Classes	
Time	Session
09:15 – 10:00	Studio Cycling
10:15 – 10:45	HIIT
11:30 – 12:30	Pilates
13:45 – 14:45	Yoga Hatha
17:15 – 18:00	Studio Cycling
17:45 – 18:30	Kettlebells
18:45 – 19:45	Clubbercise

Tuesday Fitness Classes	
Time	Session
10:00 – 11:00	Pilates
17:30 – 18:15	Pilates
17:30 – 18:15	Studio Cycling
18:20 – 19:05	Pilates

Wednesday Fitness Classes	
Time	Session
07:45 – 08:30	Studio Cycling
10:00 – 11:00	Yoga Hatha
17:30 – 18:15	Studio Cycling
17:45 – 18:30	Kettlebells
18:40 – 19:10	Active Core
20:15 – 20:45	Virtual Grit Strength

Thursday Fitness Classes	
Time	Session
17:00 – 18:00	Yoga Hatha
18:05 – 19:05	Legs, Bums & Tums
18:30 – 19:15	Studio Cycling
19:10 – 20:10	Clubbercise

Friday Fitness Classes	
Time	Session
09:30 – 10:15	Studio Cycling
11:00 – 11:45	Active Balance
20:15 – 20:45	Virtual Grit Strength

Saturday Fitness Classes	
Time	Session
09:00 – 10:00	Clubbercise
09:45 – 10:30	Studio Cycling
10:00 – 11:00	Power Yoga

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Sunday Fitness Classes	
Time	Session
09:00 – 10:00	Studio Cycling
10:00 – 11:00	Aerobics