

## 9<sup>th</sup> Floor Studio Class Timetable

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|--|--|---|--|--|
|  | <b>07:00 - 07:55</b><br><b>XTREME basics</b><br>**<br>Irina      | <b>07:00 - 08:00</b><br><b>Hatha Yoga</b><br>**<br>Antonia         | <b>07:00 - 07:55</b><br><b>HIIT Training</b><br>**<br>Irina   | <b>07:00 - 08:00</b><br><b>Pure Yoga</b><br>**<br>Karen          | <b>08:45-09:45</b><br><b>Posture Pilates</b><br>**<br>Mabel  |
| <b>11:30 - 12:30</b><br><b>Circuit</b><br>**<br>Athena       | <b>08:05 - 09:00</b><br><b>Alignment Yoga</b><br>**<br>Mymuna    | <b>08:00 - 09:25</b><br><b>Vinyasa Flow</b><br>**<br>Karin         | <b>08:00 - 09:15</b><br><b>Alignment Yoga</b><br>**<br>Mymuna | <b>08:00 - 09:00</b><br><b>Circuit</b><br>**<br>Steve            | <b>10:00-11:00</b><br><b>Power Stretching</b><br>*<br>Irina  |
| <b>16:00 - 17:00</b><br><b>Vinyasa Flow</b><br>**<br>Karin   | <b>09:30 - 10:30</b><br><b>Hi Lo</b><br>**<br>Steve              | <b>09:35 - 10:30</b><br><b>Body Conditioning</b><br>**<br>Louise   | <b>09:30 - 10:30</b><br><b>Hi Lo</b><br>**<br>Steve           | <b>09:30 - 10:30</b><br><b>Body Conditioning</b><br>**<br>Louise | <b>11:00 - 12:00</b><br><b>Viking Method</b><br>**<br>Athena |
| <b>18:15 - 19:00</b><br><b>Combat Fitness</b><br>***<br>Kyle | <b>10:30 - 11:30</b><br><b>Body Conditioning</b><br>**<br>Louise | <b>10:30 - 11:30</b><br><b>Dance Zumba</b><br>*<br>Christen        | <b>10:30 - 11:30</b><br><b>Pilates</b><br>***<br>Laura        | <b>10:30 - 11:30</b><br><b>Vinyasa Flow</b><br>**<br>Karin       | <b>12:00- 13:00</b><br><b>Dance Fusion</b><br>**<br>Michela  |
|  | <b>11:30 - 12:30</b><br><b>Pilates</b><br>*<br>Tatiana           | <b>11:30 - 12:30</b><br><b>Pilates</b><br>*<br>Jasmine             | <b>11:30 - 12:30</b><br><b>Train4Gain</b><br>*<br>Decarlo     | <b>11:30 - 12:30</b><br><b>Pilates</b><br>*<br>Jenni             | <b>15:00 - 16:30</b><br><b>Hatha Yoga</b><br>*<br>Karl       |
|  | <b>12:30 - 13:30</b><br><b>Booty Barre</b><br>**<br>Tatiana      | <b>12:30 - 13:30</b><br><b>Circuit</b><br>**<br>Steve              | <b>12:30 - 13:30</b><br><b>Zumba</b><br>**<br>Margarete       | <b>12:30 - 13:30</b><br><b>On the Ball</b><br>**<br>Athena       |  |
|  | <b>13:30 - 15:00</b><br><b>Hatha Yoga</b><br>**<br>Mymuna        | <b>13:30 - 15:00</b><br><b>Iyengar Yoga</b><br>**<br>Neeta         | <b>13:30 - 15:00</b><br><b>Hatha Yoga</b><br>**<br>Arup       | <b>13:30 - 14:30</b><br><b>Dance Zumba</b><br>**<br>Marcos       |  |
|  | <b>17:00 - 18:00</b><br><b>Pilates</b><br>*<br>Maria             | <b>18:30 - 19:30</b><br><b>Cardio kick Boxing</b><br>***<br>Athena | <b>16:00-17:00</b><br><b>Dance Cardio</b><br>*<br>Michela     | <b>14:30 - 16:00</b><br><b>Iyengar Yoga</b><br>**<br>Emmanuelle  |  |
|  | <b>18:15 - 19:15</b><br><b>Circuit</b><br>**<br>Steve            |  | <b>18:30 - 19:30</b><br><b>Body Blast</b><br>**<br>Louise     |  |  |
|  | <b>19:30 - 20:30</b><br><b>Pilates</b><br>**<br>Maria            |  | <b>19:30 - 20:30</b><br><b>Pilates</b><br>*<br>Gennaro        |  |  |

**Timetable is valid from 26 to 31 August and is subject to change**

Please note the timetable will be reduced during holiday periods.

\* General: Classes in this level are suitable for all exercise of all abilities, age, experience and fitness.

\*\* Intermediate: Classes for those used to exercising for a moderate level of fitness.

\*\*\* Advanced: Classes for participants of high levels of fitness, used to exercise in such classes.



⊘ = Booking required. (£) Booking and pre-payment is required (£20/person/class)