

Class timetable 9th floor Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00 Legs Bums & Tumbs* Joanna	07:00 - 07:55 XTREME basics** Irina	07:00 - 08:00 Hatha Yoga** Antonia	07:00 - 07:55 HITT Training** Irina	07:00 - 08:00 Pure Yoga** Karen	08:45-09:45 Posture Pilates ** Mabel	09:30 - 11:00 Dynamic Yoga*** Mymuna
09:05-10:30 Hi Lo** Steve	08:05 - 09:00 Alignment Yoga** Mymuna	08:00 - 09:25 Vinyasa Flow** Karin	08:00 - 09:15 Alignment Yoga** Mymuna	08:00 - 09:00 Circuit** Steve	10:00-11:00 Power Stretching * Irina	12:00 - 13:00 Core Conditioning** Maria
10:30 - 11:30 Total Barre* Margarete	09:30 - 10:30 Hi Lo** Steve	09:35 - 10:30 Body Conditioning** Louise	09:30 - 10:30 Hi Lo** Steve	09:30 - 10:30 Body Conditioning** Louise	11:00 - 12:00 Viking Method ** Svava	13:00 - 14:30 Pilates* Jocelynne
11:30 - 12:30 SimiFit*** Simone	10:30 - 11:30 Body Conditioning** Louise	10:30 - 11:30 Dance Cardio * Theodora	10:30 - 11:30 Pilates*** Laura	10:30 - 11:30 Vinyasa Flow** Karin	12:00 - 13:00 Dance Fusion ** Michela	15:30 - 16:30 Vinyasa Flow** Antonia
12:30 - 13:30 Zumba* Margarete	11:30 - 12:30 Pilates* Tatiana	11:30 - 12:30 Pilates* Laura	11:30 - 12:30 SimiFit*** Simi	11:30 - 12:30 Pilates* Jenni	13:00 - 14:00 Core Strength** Joanna	
13:30 - 14:30 Pilates** Margarete	12:30 - 13:30 Booty Barre** Tatiana	12:30 - 13:30 Circuit** Steve	12:30 - 13:30 Zumba** Margarete	12:30 - 13:30 On the Ball** Svava	15:00 - 16:30 Hatha Yoga* Karl	
16:00 - 17:00 Vinyasa Flow** Karin	13:30 - 15:00 Hatha Yoga** Mymuna	13:30 - 15:00 Iyengar Yoga** Neeta	13:30 - 15:00 Hatha Yoga** Arup	13:30 - 14:30 Dance Fusion ** Theo		
18:15 - 19:00 Combat Fitness*** Kyle	17:00 - 18:00 Pilates* Maria	18:30 - 19:30 Cardio kick Boxing *** Tim	16:00-17:00 Dance Cardio * Theodora	14:30 - 16:00 Iyengar Yoga*** Amparo		
19:00 - 20:00 Restorative Yoga* Mymuna	18:15 - 19:15 Circuit** Steve		18:30 - 19:30 Body Blast** Louise			
	19:30 - 20:30 Pilates** Maria		19:30 - 20:30 Pilates* Gennaro			

This timetable is valid from 14 - 20 January 2019 and is subject to change

* General: Classes in this level are suitable for all exercise of all abilities, age, experience and fitness. Please note the timetable will be reduced during holiday periods.

** 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)