

## Class timetable 9<sup>th</sup> floor Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00-08:00 <b>Legs Bums &amp; Tumbs*</b> Joanna	07:00 - 07:55 <b>XTREME basics**</b> Irina	07:00 - 08:00 <b>Hatha Yoga**</b> Antonia	07:00 - 07:55 <b>HITT Training**</b> Irina	07:00 - 08:00 <b>Pure Yoga**</b> Karen	08:45-09:45 <b>Posture Pilates **</b> Mabel	09:30 - 11:00 <b>Dynamic Yoga***</b> Mymuna
09:05-10:30 <b>Hi Lo**</b> Steve	08:05 - 09:00 <b>Alignment Yoga**</b> Mymuna	08:00 - 09:25 <b>Vinyasa Flow**</b> Karin	08:00 - 09:15 <b>Alignment Yoga**</b> Mymuna	08:00 - 09:00 <b>Circuit**</b> Steve	10:00-11:00 <b>Power Stretching *</b> Irina	12:00 - 13:00 <b>Core Conditioning**</b> Maria
10:30 - 11:30 <b>Total Barre*</b> Margarete	09:30 - 10:30 <b>Hi Lo**</b> Steve	09:35 - 10:30 <b>Body Conditioning**</b> Louise	09:30 - 10:30 <b>Hi Lo**</b> Steve	09:30 - 10:30 <b>Body Conditioning**</b> Louise	11:00 - 12:00 <b>Viking Method **</b> Svava	13:00 - 14:30 <b>Pilates*</b> Jocelynne
11:30 - 12:30 <b>Train4Gain***</b> Decarlo	10:30 - 11:30 <b>Body Conditioning**</b> Louise	10:30 - 11:30 <b>Dance Cardio *</b> Theodora	10:30 - 11:30 <b>Pilates***</b> Laura	10:30 - 11:30 <b>Vinyasa Flow**</b> Karin	12:00 - 13:00 <b>Dance Fusion **</b> Michela	15:30 - 16:30 <b>Vinyasa Flow**</b> Antonia
12:30 - 13:30 <b>Zumba*</b> Margarete	11:30 - 12:30 <b>Pilates*</b> Tatiana	11:30 - 12:30 <b>Pilates*</b> Jasmine	11:30 - 12:30 <b>Train4Gain ***</b> Decarlo	11:30 - 12:30 <b>Pilates*</b> Jenni	13:00 - 14:00 <b>Core Strength**</b> Joanna	
13:30 - 14:30 <b>Pilates**</b> Margarete	12:30 - 13:30 <b>Booty Barre**</b> Tatiana	12:30 - 13:30 <b>Circuit**</b> Steve	12:30 - 13:30 <b>Zumba**</b> Margarete	12:30 - 13:30 <b>On the Ball**</b> Svava	15:00 - 16:30 <b>Hatha Yoga*</b> Karl	
16:00 - 17:00 <b>Vinyasa Flow**</b> Karin	13:30 - 15:00 <b>Hatha Yoga**</b> Mymuna	13:30 - 15:00 <b>Iyengar Yoga**</b> Neeta	13:30 - 15:00 <b>Hatha Yoga**</b> Arup	13:30 - 14:30 <b>Dance Fusion **</b> Theo		
19:00 - 20:00 <b>Restorative Yoga*</b> Mymuna	17:00 - 18:00 <b>Pilates*</b> Maria	18:30 - 19:30 <b>Cardio kick Boxing ***</b> Tim	16:00-17:00 <b>Dance Cardio *</b> Theodora	14:30 - 16:00 <b>Iyengar Yoga***</b> Amparo		
	18:15 - 19:15 <b>Circuit**</b> Steve		18:30 - 19:30 <b>Body Blast**</b> Louise			
	19:30 - 20:30 <b>Pilates**</b> Maria		19:30 - 20:30 <b>Pilates*</b> Gennaro			

**This timetable is valid from 11 to 17 March 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)