



OUTDOOR Class Timetable

Please check the start times of each individual activity

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
06:30								
07:00					Studio Cycle with PETRA 06:30-07:15			
07:30		Purna Yoga with ELLIE 07:00-08:00				Studio Cycle with PETRA 07:00-07:45		
08:00	Studio Cycle with SIMON 07:30-08:15		Studio Cycle with SIMON 07:30-08:15					
08:30				Studio Cycle with PETRA 08:00-09:00				
09:00					Pilates with MARINA 08:30-09:30		Studio Cycle with PETRA 08:30-09:15	
09:30	Fit & Functional with KATE 09:00-10:00							
10:00		Aqua Aerobics with PETRA 09:45-10:30	Circuits with ADAM 09:30-10:30	Circuits with LIZZIE/RICH 09:30-10:30	Aqua Aerobics with MARIYA 09:45-10:30	Circuits with PETRA 09:30-10:30	Aqua Aerobics with JO 09:45-10:30	HIIT with DANI 09:15-10:15
10:30								
11:00								
11:30	Fit For Men with PETRA 10:45-11:45 <small>Age UK mems. only</small>	Aqua Aerobics with MARIYA 10:45-11:30						
12:00								
12:30								
13:00								
13:30								
14:00	Pilates with CAROLINE 13:15-14:15							
14:30								
15:00								
15:30								
16:00								
16:30								
17:00								
17:30	Studio Cycle with SIMON 17:00-17:45							
18:00		Pilates with CAROLINE 17:15-18:15						
18:30	Zumba with MARIYA 18:15-19:15							
19:00		Studio Cycle with AOIFE 18:15-19:00 <small>(Starts 22 September)</small>						
19:30								
20:00								
20:30								
21:00								