



# 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 BRIGETTE 09:45-10:30	Circuits with PETRA 09:30-10:30	Aqua Aerobics with JO 09:45-10:30	HIIT with DANI 09:15-10:00
10:30						Circuits with PETRA/RICH 09:45-10:45	Iyengar Yoga with YVES 09:45-11:00	
11:00	Fit For Men with PETRA 10:45-11:45 <small>Age UK mems. only</small>	Aqua Aerobics with MARIYA 10:45-11:30		Aqua Aerobics with BRIGETTE 10:45-11:30		Aqua Aerobics with JO 10:45-11:30	Purna Yoga with ELLIE 10:45-11:45	
11:30							Hatha Yoga with JANE 11:15-12:30	
12:00		PRIVATE Pilates with ROSEMARY 11:45-12:45		Purna Yoga with ELLIE 11:30-12:45				
12:30						Pi-Yo-HIIT Fusion with ELLIE 12:30-13:30		
13:00								
13:30	Pilates with ELLIE T 13:15-14:15	PRIVATE Pilates with ROSEMARY 13:00-14:00	Pilates with ELLIE S 13:15-14:15		Pilates with CAROLINE 13:00-14:00			
14:00								
14:30								
15:00				PRIVATE Pilates with ROSEMARY 14:30-15:30				
15:30								
16:00								
16:30								
17:00								
17:30	Studio Cycle with SIMON 17:00-17:45	Pilates with CAROLINE 17:15-18:15		Purna Yoga with ELLIE 17:00-18:10				
18:00			Legs, Bums & Tums with PETRA 17:45-18:45					
18:30	Zumba with MARIYA 18:15-19:15	Studio Cycle with AOIFE 18:15-19:00						
19:00				Pilates with ELLIE S 18:30-19:30	Studio Cycle with PETRA 18:30-19:15			
19:30			Studio Cycle with PETRA 19:00-20:00					
20:00	FUSION with ELLIE S 19:30-20:30 Starting October 19th			Studio Cycle with PETRA 19:45-20:30				
20:30					Pilates with ELLIE T 19:45-20:45			
21:00								