

## Studio Timetable - July 2025 Onwards

| Monday                                            | Tuesday                                               | Wednesday                                             | Thursday                                                         | Friday                                              | Saturday                                              |
|---------------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------|-------------------------------------------------------|
| 09:15 – 10:00<br><b>Group Cycling</b><br>Karen    | 08:30 – 09:15<br><b>*Body Conditioning*</b><br>Laszlo | 07:30 – 08:15<br><b>Group Cycling</b><br>Sara         | 09:15 – 10:00<br><b>Pilates</b><br>Laszlo                        | 09:15 – 10:00<br><b>Body Sculpt</b><br>Jack         | 09:15 – 10:00<br><b>Group Cycling</b><br>Sara         |
| 10:15 – 11:00<br><b>Body Sculpt</b><br>Karen      | 09:30 – 10:15<br><b>Pilates on the Ball</b><br>Laszlo | 09:15 – 10:00<br><b>Group Cycling</b><br>Laszlo       | 10:15 – 11:00<br><b>Cross Core Rotational Training</b><br>Laszlo | 10:15 – 11:00<br><b>Disco Rhythm</b><br>Denny       | 10:15 – 11:00<br><b>Body Sculpt</b><br>Jack           |
| 12:30 – 13:15<br><b>Body Sculpt</b><br>Alison     | 10:30 – 11:15<br><b>Dance Fit</b><br>Denny            | 10:15 – 11:00<br><b>Pilates on the Ball</b><br>Laszlo | 11:30 – 12:30<br><b>Restorative Yoga</b><br>Olivia               | 11:30 – 12:30<br><b>Vinyasa Flow Yoga</b><br>Claire | 11:15 – 12:15<br><b>Pilates</b><br>Faye               |
| 13:45 – 14:45<br><b>Vinyasa Flow Yoga</b><br>Emma | 11:30 – 12:30<br><b>Hatha Yoga</b><br>Marina          | 11:15 – 12:00<br><b>Body Sculpt</b><br>Karen          | 13:15 – 14:00<br><b>Body Sculpt</b><br>Kati                      | 13:15 – 14:15<br><b>Pilates</b><br>Kati             |                                                       |
| 15:00 – 16:00<br><b>Pilates</b><br>Breege         | 14:00 – 15:00<br><b>Pilates</b><br>Breege             | 17:30 – 18:15<br><b>Cardio Boxing</b><br>Laszlo       | 14:30 – 15:30<br><b>Pilates</b><br>Rory                          |                                                     | <b>Sunday</b>                                         |
| 18:30 – 19:30<br><b>Hatha Yoga</b><br>Filiz       | 17:45 – 18:30<br><b>Pilates on the Ball</b><br>Laszlo | 18:30 – 19:30<br><b>Yoga Flow</b><br>Belle            | 18:00 – 18:45<br><b>Group Cycling</b><br>Laszlo                  |                                                     | 09:15 – 10:00<br><b>*TABATA *</b><br>Karen/Laszlo     |
|                                                   | 18:45 – 19:30<br><b>Body Sculpt</b><br>Alison         |                                                       |                                                                  |                                                     | 10:15 – 11:15<br><b>Yin Restorative Yoga</b><br>Rosie |

\*These classes may be held outdoors - weather permitting\*