

Studio Timetable - December 2025 Onwards

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

These classes may be held outdoors - weather permitting