

NEW TIMETABLE STARTING 20TH December 2021

MONDAY Class name	Start	Finish	Studio	Duration	Instructor	Zoom
The Trip	6.20am	7.05am	Spin	45min	Dimi	
Kettle Bells	6.30 am	7am	Studio 2	30 min	James	Y
Body Pump	9.10 am	9.55 am	Main	45 min	matt	Y
The Trip	9.15am	10.00 am	spin studio	45 min	mary	
FAKB	9.15am	10.00am	Studio 2	45 min	Kia	
Yoga	10.00am	10.45am	Loft Studio	45min	Sally	Y
LES MILLS CORE	10.00am	10.45am	Studio 2	45 min	Matt	
Step Aerobics	10.05am	10.50 am	Main	45 min	Kia	y
Barre	11.00am	11.45am	main	45min	Kia	y
Flow yoga	11.00am	11.45am	Loft Studio	45 min	Sally	y
Bootcamp	11.00am	11.30am	Studio 2	30 min	Myles	
The Trip	11.45am	12.30am	Spin	45 min	Louise	
LBT	11.45am	12.15pm	Studio 2	30 min	Myles	
Body Combat	12.00pm	12.45pm	Main	45 min	Matt	y
Hot Pilates	12.30pm	1.15pm	Loft Studio	45 min	Karen	
Body Jam	1.00pm	1.45pm	Main	45 min	Anne	
Abs	2.00pm	2.30pm	Main	30 min	James	y
Hot Yoga	4.00pm	4.45pm	Loft Studio	45 min	Louise	
The Trip	5.00pm	5.45pm	Spin	45 min	Nicola	
Fab Abs, Killer Butt	6.00pm	6.45pm	Main	45 min	Mary	
Yin Yoga	5.45pm	6.30pm	Loft Studio	45min	Carolyn	y
The Trip	6.30pm	7.15pm	Spin	45 min	Louise	

Grit Cardio	6.45pm	7.30pm	Studio 2	45 min	Emma	
Zumba	7.00pm	7.45pm	Main	45 min	Andrea	y
Barre	7.00pm	7.45pm	Loft Studio	45 min	Anne	
Grit Strength	7.30pm	8.00pm	Studio 2	30 min	Emma	
Vibe	7.30pm	8.15pm	Spin Studio	45 min	Wayne	
Body Pump	7.55pm	8.40pm	Main	45 min	Louise	y
Hot Spin	8.25pm	9.10pm	Spin	45 min	Wayne	
Hatha Yoga	8.45pm	9.30pm	Main	45 min	Louise	y

Classes in black are in the MAIN Studio.

Classes in Red are in the Spin Studio.

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Classes in Green are in the Loft Studio .

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Tuesday

Class name	Start	Finish	Studio	Duration	Instructor	Zoom
Grit Strength	6.15am	6.45am	Main	30 min	Brendan	y
The Trip	6.20am	7.05am	Spin Studio	45 min	Nicola	
Core	7.00am	7.45am	Main	45 min	Brendan	y
Yin Yoga	7.30am	8.15am	Loft studio	45 min	Carolyn	y
Body Pump	9.10am	9.55am	Main	45 min	Matt	y
Circuits	9.15am	9.45am	Studio 2	30 min	James	
The Trip	9.30am	10.15am	Spin Studio	45 min	Louise	
Body combat	10.05am	10.50am	Main	45 min	Matt	y
LBT	10.15am	10.45am	Studio 2	30 min	Myles	
Hatha Yoga	10.15am	11.00am	Loft Studio	45 min	Carolyn	y
Barre	11.10am	11.55 am	Loft Studio	45 min	Kia	y
Kettlebells	11.15am	11.45am	Studio 2	30min	Myles	
Body Balance	12.00pm	12.45pm	Main	45 min	Kia	y
The Trip	12.30pm	1.15pm	Spin Studio	45 min	Mary	
Pilates	4.30pm	5.15pm	Loft studio	45 min	Karen	y
Zumba	5.00pm	5.45pm	Main	45min	Sue/Hannah	y
Body Pump	5.15pm	6.00pm	Studio 2	45min	Louise	y
Hot Pilates	5.30pm	6.15pm	Loft studio	45min	Karen	
Body Balance	6.00pm	6.45pm	Main	45min	Sam	
HIIT	6.15pm	7.00pm	Studio 2	45 min	Emma	
The Trip	6.30pm	7.15pm	Spin Studio	45 min	Louise	
Zumba	7.00pm	7.45pm	Main	45min	Andrea	y
Kettlebells	7.15pm	7.45pm	Studio 2	30 min	James	
Hatha Yoga	7.15pm	8pm	Loft studio	45 min	Carolyn	y
Body Pump	8.00pm	8.45pm	Main	45 min	Louise	y

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Wednesday

Class name	Start	Finish	Studio	Duration	Instructor	Zoom
Sprint	6.10am	6.40am	Spin Studio	30 min	Brendan	
Trip	6.50am	7.35am	Spin Studio	45 min	Brendan	
Kettlebells	7.00am	7.30am	Studio 2	30 min	James	
Aerobics	9.00am	9.45 am	Main	45 min	Kia	
Flow Yoga	9.00am	9.45 am	loft studio	45 min	Sally	Y
Trip	9.45am	10.30am	Spin Studio	45 min	Louise	y
Step Aerobics	10.00am	10.45am	Main	45 min	Kia	
Hot Yoga	10.30am	11.15 am	loft studio	45 min	Sally	
Lets Ride	12.15am	1.00pm	Spin Studio	45 min	Tim	
Bootcamp	11.00am	11.30am	Studio 2	30 min	Myles	
Body Balance	11.00am	11.45am	Main	45 min	Kia	y
Pilates	11.30am	12.15am	loft studio	45 min	Karen	y
Kettle HIIT	11.40am	12.10pm	Studio 2	30 min	Myles	
Body Combat	5.00pm	5.45pm	Main	45min	Sue & Hannah	Y
Vinyasa Yoga	5.15pm	6.00pm	loft studio	45min	Emily	Y
Zumba	6.00pm	6.45pm	Main	45 min	Sue & Hannah	Y
Hot Pilates	6.15pm	7.00pm	loft studio	45 min	Lisa	
Kettlebells	6.15pm	6.45pm	Studio 2	30 min	James	
Trip	7.00pm	7.45pm	Spin Studio	45 min	Nicola	
Legs Bums and Tums	7.00pm	7.45pm	Main	45 min	Lisa	
Grit Cardio	7.15pm	8.00pm	Studio 2	45 min	Emma	
The Trip	7.50pm	8.35pm	Spin Studio	45 min	Nicola	
Grit Strength	7.55pm	8.25pm	Studio 2	30 min	Emma	
Pilates	8.00pm	8.45pm	Main	45 min	Lisa	Y
Hot Pilates	8:45pm	9.30pm	loft studio	45 min	Lisa	

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Thursday

Class name	Start	Finish	Studio	Duration	Instructor	Zoom
Grit Strength	6.15am	6.45 am	Main	30 min	Brendan	
Trip	6.20am	7.05am	Spin Studio	45 min	Michelle	
Core	7.00am	7.40 am	main	40 min	Brendan	
Yin Yoga	7.15am	8.00am	Loft	45 min	Carolyn	
Body Pump	9.10am	9.55am	Main	45 min	Matt	
Train for Power	9.15am	9.45am	Studio 2	30 min	James	
Body Balance	9.15am	10.00 am	loft studio	45 min	Kia	
Trip	9.30am	10.15 am	Spin Studio	45 min	Michelle	
Body Attack	10.05am	10.50am	Main	45 min	Matt	
KettleHIIT	10.15am	10.45am	Studio 2	30 min	Kia	
Pilates	10.15am	11.00am	loft studio	45 min	Lisa	
Legs, Bums & Tums	11.00am	11.30 am	Studio 2	30 min	Myles	
STEP Aerobics	11.05am	11.50am	Main	45 min	Kia	
Hot Pilates	11.15am	12.00pm	loft studio	45 min	Lisa	
Circuits	12.00pm	12.30pm	Studio 2	30 min	Myles	
Pilates	12.30pm	1.15pm	loft studio	45 min	Karen	
Kettlebells	1.00pm	1.30pm	Studio 2	30 min	James	
Bootcamp	1.40pm	2.10pm	Studio 2	30 min	James	
Body Jam	2.00pm	2.45pm	Main	45 min	Anne	
Body Pump	4.00pm	4.45pm	Main	45 min	Louise	
Circuits	4.30pm	5.00pm	Studio 2	45 min	James	
Body Balance	5.30pm	6.15pm	Loft Studio	45 min	Sam	
Trio	5.30pm	6.15pm	Spin Studio	45 min	Nicola	
Hatha Yoga	5.50pm	6.35pm	Main	45 min	Carolyn	
Kettlebells	6.15pm	6.45pm	Studio 2	30 min	James	
Lets Ride	6.20pm	7.05pm	Spin Studio	45 min	Sara	
Zumba	6.40pm	7.25pm	Main	45 min	Aimee	
Body Combat	7.10pm	7.55pm	Studio 2	45 min	Sara	
Trip	7.30pm	8.15pm	Spin Studio	45 min	Mary	
Grit Strength	7.30pm	8.00pm	Main	30 min	emma	
Shbam	8.05pm	8.50pm	Main	45 min	sara	y
Grit Athletic	8.05pm	8.35pm	Studio 2	30 min	emma	y

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Friday

Class	Start	Finish	Studio	Duration	Instructor	Zoom
HIIT	6.15am	6.45am	Main	30 min	Tim	
TRIP	6.50am	7.35am	Spin Studio	45 min	Michelle	
fab abs killer butt	6.50am	7.35am	Main	45 min	Tim	
Kettlebells	7.00am	7.30am	Studio 2	30 min	James	
Vinyasa Yoga	7.40am	8.25am	Loft Studio	45 min	Emily	
VIRTUAL	8.30am	9.15am	Spin Studio	45 min	Virtual	
Fab Abs killer	9.15am	10.00am	Studio 2	45 min	Kia	
Trip	9.30am	10.15am	Spin Studio	45 min	Louise	
Body Balance	10.05am	10.50 am	Main	45 min	Kia	
Core & Abs	10.30am	11.00am	Loft Studio	30 min	James	
Hatha Yoga	12.00pm	12.45pm	Loft Studio	45 min	Louise	
VIRTUAL	1.30pm	2.15pm	Spin Studio	45 min	Virtual	
VIRTUAL	2.30pm	3.15pm	Spin Studio	45 min	Virtual	
Kettlebells	4.00pm	4.30pm	Studio 2	30 min	Myles	
LBT	5.00pm	5.30pm	Studio 2	30 min	Myles	
Body Pump	5.00pm	5.45pm	Main	45 min	Louise	
TRIP	5.30pm	6.15 pm	Spin Studio	45 min	Nicola	
Body Jam	6.15pm	7.00pm	Main	45 min	Anne	
Zumba	7.10pm	7.55pm	Main	45 min	Hannah/Sue	
Body Combat	8.00pm	8.45pm	Main	45 min	Hannah/Sue	
VIRTUAL	8.30pm	9.15pm	Spin Studio	45 min	Virtual	

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Saturday

Class name	Start	Finish	Studio	Duration	Instructor	Zoom
The Trip	7.30am	8.15am	Spin	45 min	Mary	
Equipment Circuit	7.30am	8.15am	Studio 2	45 min	Pep	
Zumba	8.15am	9.00am	Main	45 min	Andrea	Y
Body Weight	8.25am	9.10am	Studio 2	45 min	Pep	
Les Mills Body Step	9.10am	9.55am	Main	45 min	Louise	Y
Barre	9.15am	10.00am	Loft Studio	45 min	Anne	Y
Bootcamp	9.25am	9.55am	Studio 2	30 min	Pep	
The Trip	9.30am	10.15am	Spin	45 min	Michelle	
Hatha Yoga	10.15am	11.00am	Loft Studio	45 min	Louise	Y
Pad Fit	10.20am	11.05am	Main	45 min	Pep	
Kettlebells	11.00am	11.30am	Studio 2	30 min	Myles	
Hot Yoga	11.30am	12.15pm	Loft Studio	45 min	Louise	
HIIT	11.35am	12.05pm	Studio 2	30 min	Myles	
The Trip	2.30pm	3.15pm	Spin	45 min	Louise	
Body pump	3.30pm	4.15pm	Main	45 min	Louise	Y
The Trip	5.30pm	6.15pm	Spin	45 min	MARY	
FAB ABS, Killer Butt	6.30pm	7.15 pm	Main	45 min	Mary	

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Sunday

Class name	Start	Finish	Studio	Duration	Instructor	Zoom
The Trip	7 .00am	7.45am	Spin Studio	45 min	Carina	Y
FAKB	8.00 am	8.45am	Studio 2	45 min	Carina	
The Trip	8.30am	9.15am	Spin	45 min	Mary	
ZUMBA	9.00am	9.45 am	Main	45 min	CARINA	Y
The Trip	9.30am	10.15 am	Spin Studio	45 min	Mary	
LBT	10.00am	10.50am	Studio 2	45 min	Carina	
Pilates	11.00am	11.45 am	Main	45 min	Karen	Y
The Trip	11.45am	12.30pm	Spin Studio	45 min	Mary	
Hot Pilates	2.00 pm	2.45pm	Loft Studio	45 min	Karen	
Grit Cardio	5.15pm	6.00pm	Main	45 min	Emma	Y
Grit Strength	6.00 pm	6.30pm	Main	30 min	Emma	
Grit Athletic	6.45pm	7.15pm	Main	30 min	Emma	

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