

## NEW TIMETABLE STARTING 18TH July 2022

MONDAY Class name	Start	Finish	Studio	Duration	Instructor
The Trip	6.20am	7.05am	Spin	45 min	Dimi
Kettle Bells	6.30am	7.00am	Studio 2	30 min	James
Body Pump	9.10 am	9.55am	Main	45 min	Louise
The Trip	9.15am	10.00am	Spin Studio	45 min	Mary
Hour Glass	9.15am	10am	Spin Studio	45 min	Kia
Yoga	10.00am	10.45am	Loft Studio	45min	Sally
Core	10.00am	10.45am	Studio 2	45 min	Mary
Step Aerobics	10.05am	10.50 am	Main	45 min	Kia
Flow Yoga	11.00am	1.45am	Loft Studio	45 min	Sally
Bootcamp	11.00 am	11.30am	Studio 2	30 min	Myles
LBT	11.45am	12.15pm	Studio 2	30 min	Myles
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	30min	James
Hot Yoga	4.00pm	4.45pm	Loft Studio	45min	Louise
The Trip	5.00 pm	5.45pm	Spin	45 min	Louise
Fab Abs, Killer Butt.	6.00pm	6.45pm	Main	45 min	Mary
Yin Yoga	5.45pm	6.30pm	Loft Studio	45 min	Carolyn
The Trip	6.30pm	7.15pm	Spin	45 min	Louise
Grit Cardio	6.35pm	7.05pm	Studio 2	30 min	Emma
Zumba	6.55pm	7.40pm	Main	45 min	Andrea
Barre	7.00pm	7.45pm	Loft Studio	45 min	Anne
Grit Strength	7.10pm	7.55pm	Studio 2	30 min	Emma
Vibe	7.30pm	8.15pm	Spin	45 min	Wayne
Body Pump	7.55pm	8.40pm	Main	45 Min	Louise

<b>Grit Strength</b>	<b>8.00pm</b>	<b>8.45pm</b>	<b>Studio 2</b>	<b>45 min</b>	<b>Emma</b>
<b>Hot Spin</b>	<b>8.25pm</b>	<b>9.10pm</b>	<b>Spin</b>	<b>45 min</b>	<b>Wayne</b>
<b>Hatha Yoga</b>	<b>8.45pm</b>	<b>9.30pm</b>	<b>Main</b>	<b>45min</b>	<b>Louise</b>

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Tuesday Class name	Start	Finish	Studio	Duration	Instructor	
Grit Strength Core	6.15pm	6.45am	Main	30min	Brendan	
	7.00am	7.45pm	Main	45 min	Brendan	
Yin Yoga	7.30am	8.15 am	Loft Studio	45 min	Carolyn	
Body Pump	9.10 am	9.55am	Main	45 min	Dimi	
Circuits	9.15am	9.45am	Studio 2	30 min	James	
The Trip	9.30am	10.15am	Spin Studio	45min	Louise	
Fab Abs, Killer Mary	10.05am	10.50am	Main	45 min		Butt.
LBT	10.15am	10.45am	Studio 2	30 min	Myles	
Hatha Yoga	10.15am	11.00am	Loft Studio	45min	Carolyn	
Barre	11.10am	11.55am	Loft Studio	45 min	Kia	
Kettle Bells	11.15am	11.45am	Studio 2	30 min	Myles	
Body Balance	12.00pm	12.45pm	Loft Studio	45min	Kia	
The Trip	12.30pm	1.15pm	Spin Studio	45 min	Mary	
Pilates	4.30pm	5.15pm	Loft Studio	45 min	Karen	
Zumba	5.00pm	5.45pm	Main	45min	Sue/Hannah	
Body Pump	5.35pm	6.20pm	Studio 2	45min	Louise	
Hot Pilates	5.30pm	6.15pm	Loft Studio	45min	Karen	
HIIT	6.00pm	6.40pm	Main	40min	Emma	
The Trip	6.30pm	7.15pm	Spin	45 min	Louise	
Grit Cardio	6.35pm	7.05pm	Studio 2	30 min	James	
Zumba	6.55pm	7.40pm	Main	45 min	Andrea	
Kettle Bells	7.15pm	7.45pm	Studio 2	30 min	James	
Hatha Yoga	7.15pm	8pm	Loft Studio	45min	Carolyn	
Body Pump	8.00pm	8.45pm	Main	45min	Louise	

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Wednesday Class name	Start	Finish	Studio	Duration	Instructor
<b>Sprint</b>	<b>6.10am</b>	<b>6.40am</b>	<b>Spin Studio</b>	<b>30 min</b>	<b>Brendan</b>
<b>The Trip</b>	<b>6.50 am</b>	<b>7.35am</b>	<b>Spin</b>	<b>45 min</b>	<b>Brendan</b>
<b>Kettle Bells</b>	<b>7.00 am</b>	<b>7.30 am</b>	<b>Studio 2</b>	<b>30 min</b>	<b>James</b>
<b>Aerobics</b>	<b>9.am</b>	<b>9.45am</b>	<b>Main</b>	<b>45min</b>	<b>Kia</b>
<b>Flow Yoga</b>	<b>9.00am</b>	<b>9.45am</b>	<b>Loft Studio</b>	<b>45 min</b>	<b>Sally</b>
<b>The Trip</b>	<b>9.45am</b>	<b>10.30 am</b>	<b>Spin Studio</b>	<b>45 min</b>	<b>Louise</b>
<b>Step Aerobics</b>	<b>10.00am</b>	<b>10.45am</b>	<b>Main</b>	<b>45min</b>	<b>Kia</b>
<b>Hot Yoga</b>	<b>10.15am</b>	<b>11.00am</b>	<b>Loft Studio</b>	<b>45 min</b>	<b>Sally</b>
<b>Bootcamp</b>	<b>11.00am</b>	<b>11.30am</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Myles</b>
<b>Body Balance</b>	<b>11.00am</b>	<b>11.45am</b>	<b>Main</b>	<b>45 min</b>	<b>Kia</b>
<b>Pilates</b>	<b>11.30am</b>	<b>12.15pm</b>	<b>Loft Studio</b>	<b>45 min</b>	<b>Karen</b>
<b>Kettle HIIT</b>	<b>11.40am</b>	<b>12.10pm</b>	<b>Studio2</b>	<b>30 min</b>	<b>Myles</b>
<b>Body Combat</b>	<b>5.00pm</b>	<b>5.45pm</b>	<b>Main</b>	<b>45 min</b>	<b>Sue/ Hannah</b>
<b>Vinyasa Yoga</b>	<b>5.15pm</b>	<b>6.00pm</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Emily</b>
<b>Zumba</b>	<b>6.00pm</b>	<b>6.45pm</b>	<b>Main</b>	<b>45min</b>	<b>Sue/Hannah</b>
<b>Hot Pilates</b>	<b>6.15pm</b>	<b>7.00pm</b>	<b>Loft Studio</b>	<b>45 Min</b>	<b>Lisa</b>
<b>Kettlebells</b>	<b>6.15pm</b>	<b>6.45pm</b>	<b>Studio 2</b>	<b>45 min</b>	<b>Emma</b>
<b>The Trip</b>	<b>7.00pm</b>	<b>7.45pm</b>	<b>Spin</b>	<b>45 min</b>	<b>Michelle</b>
<b>Legs Bums and Tums</b>	<b>7.00pm</b>	<b>7.45pm</b>	<b>Main</b>	<b>45 min</b>	<b>Lisa</b>
<b>Grit Cardio</b>	<b>7.15pm</b>	<b>8.00pm</b>	<b>Studio 2</b>	<b>45 min</b>	<b>Emma</b>
<b>The Trip</b>	<b>7.50pm</b>	<b>8.35 pm</b>	<b>Spin</b>	<b>45 min</b>	<b>Dimi</b>
<b>Grit Strength</b>	<b>7.55pm</b>	<b>8.25pm</b>	<b>Studio 2</b>	<b>30 min</b>	<b>Emma</b>
<b>Pilates</b>	<b>8.00pm</b>	<b>8.45pm</b>	<b>Main</b>	<b>45min</b>	<b>Lisa</b>
<b>Hot Pilates</b>	<b>8.45pm</b>	<b>9.30pm</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Lisa</b>

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Thursday Class name	Start	Finish	Studio	Duration	Instructor
Grit Strength	6.15am	6.45am	Main	30min	Brendan
Trip	6.20am	7.05am	Spin Studio	45min	Michelle
Core	7.00am	7.40am	Main	40min	Brendan
Yin Yoga	7.15am	8.00am	Loft Studio	45min	Carolyn
Pump	9.10am	9.55am	Main	45min	Mary
Train for power.	9.15am	9.45am	Studio 2	30min	James
Body Balance	9.15am	10.00am	Loft Studio	45min	Kia
Trip	9.30am	10.15am	Spin Studio	45min	Michelle
Kettle Hiit	10.15am	10.45am	Studio 2	30min	Kia
Pilates	10.15am	11.00am	Loft Studio	45min	Lisa
Legs Bums &Tums	11.00am	11.30am	Studio 2	30min	Myles
Step Aerobics	11.05am	11.50am	Main	45min	Kia
Hot Pilates	11.15am	12.00pm	Loft Studio	45min	Lisa
Circuits	12.00pm	12.30pm	Studio 2	30min	Myles
Pilates	12.30pm	1.15pm	Loft Studio	45min	Karen
Kettle Bells	1.00pm	1.30pm	Studio 2	30min	James
Bootcamp	1.40pm	2.10pm	Studio 2	30min	James
Body Jam	2.00pm	2.45pm	Main	45min	Anne
Circuits	4.30pm	5.00pm	Studio 2	45min	James
Vibe	5.30pm	6.15pm	Spin Studio	45min	Joanne
Hatha Yoga	5.40pm	6.25pm	Main	45min	Carolyn
Kettle Bells	6.15pm	6.45pm	Studio 2	30min	James

<b>Let's Ride</b>	<b>6.20pm</b>	<b>7.05pm</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Sara</b>
<b>Zumba</b>	<b>6.40pm</b>	<b>7.25pm</b>	<b>Main</b>	<b>45min</b>	<b>Michelle</b>
<b>Body Combat</b>	<b>7.10pm</b>	<b>7.55pm</b>	<b>Studio 2</b>	<b>45min</b>	<b>Sara</b>
<b>Trip</b>	<b>7.30pm</b>	<b>8.15pm</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Mary</b>
<b>Grit Strength</b>	<b>7.30pm</b>	<b>8.00pm</b>	<b>Main</b>	<b>30min</b>	<b>Emma</b>
<b>Grit Athletic</b>	<b>8.05pm</b>	<b>8.35pm</b>	<b>Studio 2</b>	<b>30min</b>	<b>Emma</b>

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<b>Friday Class name</b>	<b>Start</b>	<b>Finish</b>	<b>Studio</b>	<b>Duration</b>	<b>Instructor</b>
<b>HIIT</b>	<b>6.15am</b>	<b>6.45am</b>	<b>Main</b>	<b>30min</b>	<b>Dimi</b>
<b>Trip</b>	<b>6.50am</b>	<b>7.35am</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Michelle</b>
<b>Body Pump</b>	<b>6.50am</b>	<b>7.35am</b>	<b>Main</b>	<b>45min</b>	<b>Dimi</b>
<b>Kettlebells</b>	<b>7.00am</b>	<b>7.30am</b>	<b>Studio 2</b>	<b>30min</b>	<b>James</b>
<b>Vinyasa Yoga</b>	<b>7.40am</b>	<b>8.25am</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Emily</b>
<b>Fab Abs Killer Butt</b>	<b>9.15pm</b>	<b>10.00am</b>	<b>Main</b>	<b>45min</b>	<b>Kia</b>
<b>Trip</b>	<b>9.30am</b>	<b>9.45am</b>	<b>Spin Studio</b>	<b>45 min</b>	<b>Louise</b>
<b>Body Balance</b>	<b>10.05am</b>	<b>10.50am</b>	<b>Main</b>	<b>45min</b>	<b>Kia</b>
<b>Core &amp; Abs</b>	<b>10.30am</b>	<b>11.00am</b>	<b>Loft Studio</b>	<b>30min</b>	<b>James</b>
<b>Hatha Yoga</b>	<b>12.00pm</b>	<b>12.45pm</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Louise</b>
<b>Kettlebells</b>	<b>4.00pm</b>	<b>4.30pm</b>	<b>Studio 2</b>	<b>30min</b>	<b>Myles</b>
<b>LBT</b>	<b>5.00pm</b>	<b>5.30pm</b>	<b>Studio 2</b>	<b>30min</b>	<b>Myles</b>
<b>Body Pump</b>	<b>5.00pm</b>	<b>5.45pm</b>	<b>Main</b>	<b>45min</b>	<b>Louise</b>
<b>Trip</b>	<b>5.30pm</b>	<b>6.15pm</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Joanne</b>
<b>Body Jam</b>	<b>6.15pm</b>	<b>7.00pm</b>	<b>Main</b>	<b>45min</b>	<b>Anne</b>
<b>Zumba</b>	<b>7.10pm</b>	<b>7.55pm</b>	<b>Main</b>	<b>45min</b>	<b>Hannah/Sue</b>

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<b>Saturday Class name</b>	<b>Start</b>	<b>Finish</b>	<b>Studio</b>	<b>Duration</b>	<b>Instructor</b>
<b>The Trip</b>	<b>7.30am</b>	<b>8.15am</b>	<b>Spin</b>	<b>45min</b>	<b>Michelle</b>
<b>Equipment Circuit</b>	<b>7.30am</b>	<b>8.15am</b>	<b>Studio2</b>	<b>45min</b>	<b>Pep</b>
<b>Zumba</b>	<b>8.15am</b>	<b>9.00am</b>	<b>Main</b>	<b>45min</b>	<b>Andrea</b>
<b>Body Weight</b>	<b>8.25am</b>	<b>9.10am</b>	<b>Studio 2</b>	<b>45min</b>	<b>Pep</b>
<b>Barre</b>	<b>9.15am</b>	<b>10.00am</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Anne</b>
<b>Bootcamp</b>	<b>9.25am</b>	<b>9.55am</b>	<b>Studio 2</b>	<b>30min</b>	<b>Pep</b>
<b>The Trip</b>	<b>9.30am</b>	<b>10.15am</b>	<b>Spin</b>	<b>45min</b>	<b>Michelle</b>
<b>Hatha Yoga</b>	<b>10.15am</b>	<b>11.00am</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Louise</b>
<b>Pad Fit</b>	<b>10.20am</b>	<b>11.05am</b>	<b>Main</b>	<b>45min</b>	<b>Pep</b>
<b>Kettlebells</b>	<b>11.00am</b>	<b>11.30am</b>	<b>Studio 2</b>	<b>30min</b>	<b>Myles</b>
<b>Hot Yoga</b>	<b>11.30am</b>	<b>12.15pm</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Louise</b>
<b>HIIT</b>	<b>11.35am</b>	<b>12.05pm</b>	<b>Studio 2</b>	<b>30min</b>	<b>Myles</b>
<b>The Trip</b>	<b>2.30pm</b>	<b>3.15pm</b>	<b>Spin</b>	<b>45min</b>	<b>Louise</b>
<b>Body Pump</b>	<b>3.30pm</b>	<b>4.15pm</b>	<b>Main</b>	<b>45min</b>	<b>Louise</b>
<b>Let's Ride</b>	<b>5.30pm</b>	<b>6.15pm</b>	<b>Spin</b>	<b>45min</b>	<b>Matt</b>
<b>Body Attack</b>	<b>6.30pm</b>	<b>7.15pm</b>	<b>Main</b>	<b>45min</b>	<b>Matt</b>

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<b>Sunday Class name</b>	<b>Start</b>	<b>Finish</b>	<b>Studio</b>	<b>Duration</b>	<b>Instructor</b>
<b>The Trip</b>	<b>7.00am</b>	<b>7.45am</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Carina</b>
<b>Fab abs killer butt</b>	<b>8.00am</b>	<b>8.45am</b>	<b>Studio 2</b>	<b>45min</b>	<b>Carina</b>
<b>Vibe</b>	<b>8.45am</b>	<b>9.30am</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Joanne</b>
<b>ZUMBA</b>	<b>9.00am</b>	<b>9.45am</b>	<b>Main</b>	<b>45min</b>	<b>Carina</b>
<b>Vibe</b>	<b>9.30am</b>	<b>10.15am</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Joanne</b>
<b>LBT</b>	<b>10.00am</b>	<b>10.50am</b>	<b>Studio 2</b>	<b>45min</b>	<b>Carina</b>
<b>Pilates</b>	<b>11.00am</b>	<b>11.45am</b>	<b>Main</b>	<b>45min</b>	<b>Karen</b>
<b>Hot Pilates</b>	<b>2.00pm</b>	<b>2.45pm</b>	<b>Loft Studio</b>	<b>45min</b>	<b>Karen</b>
<b>Vibe</b>	<b>6.00pm</b>	<b>6.45pm</b>	<b>Spin Studio</b>	<b>45min</b>	<b>Joanne</b>

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