

New Timetable starting 9th January 2023.

MONDAY

Class	Start	Finish	Studio	Duration	Instructor
The Trip	6.20am	7.05am	Spin Studio	45 min	Lilas
Kettle Bells	6:30am	7am	Studio 2	30 min	James
Body Pump	9:10am	9.55am	Main	45 mins	Dimi
The Trip	9.15am	10am	Spin Studio	45 min	Louise
Hour Glass	9.15am	10am	Studio 2	45 mins	Kia
Yoga	10am	10.45am	Loft Studio	45 mins	Sally
Step Aerobics	10.05am	10.50am	Main	45 mins	Kia
Flow Yoga	11am	11.45am	Loft Studio	45 mins	Sally
Bootcamp	11am	11:30am	Studio 2	30 min	Myles
LBT	11.45am	12:15pm	Studio 2	30 mins	Myles
Hot Pilates	12:30pm	1.15pm	Loft Studio	45 mins	Karen
Hot Yoga	4pm	4.45pm	Loft Studio	45 min	Louise
The Trip	5pm	5.45pm	Spin Studio	45 min	Louise
Body jam	6pm	6.45pm	Main	45 min	Anne
Yin Yoga	5.45pm	6.30pm	Loft Studio	45 min	Carolyn
The trip	6:40pm	7.25PM	Spin Studio	45 min	Louise
Grit Cardio	6:35pm	7.05pm	Studio 2	30 min	emma
Zumba	6.55pm	7.40pm	Main	45 min	Andrea
Barre	7pm	7.45pm	Loft Studio	45 min	Anne
Grit Strength	7.10pm	7.55pm	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
Hot Spin	8.25pm	9.10pm	Spin Studio	45 min	Wayne
Hatha Yoga	8.45pm	9.30pm	Main	45 min	Louise

Classes in black are in the MAIN Studio.

Classes in Red are in the Spin Studio.

Classes in Blue are in Studio Two.

Classes in Green are in the Loft Studio. If you would like to access a class via zoom, please contact us by 4pm the day before by emailing cliffordhealthclubclasses@outlook.co.uk

TUESDAY

Class	Start	Finish	Studio	Duration	Instructor
Grit strength	6.15am	6.45am	Main	30 min	Brendan
Core	7am	7.45am	Main	45 min	Brendan
Yin Yoga	7:30am	8.15am	Loft Studio	45 min	Carolyn
Body Pump	9.10am	9.55am	Main	45 min	Dimi
The Trip	9.30am	10.15am	Spin Studio	45min	Louise
Fab Abs, Killer Butt	10.05am	10.50am	Main	45 min	Dimi
LBT	10.15am	10.45am	Studio 2	30 min	Myles
Hatha Yoga	10.15am	11am	Loft Studio	45 min	Carolyn
Barre	11.10am	11.55am	Loft Studio	45 min	Kia
Kettle Bells	11.15am	11.45am	Studio 2	30 min	Myles
Body Balance	12pm	12.45pm	Loft Studio	45 min	Kia
Pilates	4.30pm	5.15pm	Loft Studio	45 min	Karen
Zumba	5pm	5.45pm	Main	45 min	Sue/Hannah
Body Pump	5.35pm	6.20pm	Studio 2	45 min	Louise
Hot Pilates	5.30pm	6.15pm	Loft Studio	45 min	Karen
Body Combat	5.55pm	6.40pm	Main	45 min	Sue/Hannah
The Trip	6.30pm	7.15pm	Spin Studio	45 min	Louise
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	45 min	Carolyn
Body Pump	8pm	8.45pm	Main	45 min	Louise

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WEDNESDAY

Class	Start	Finish	Studio	Duration	Instructor
Sprint	6.10am	6.40am	Spin Studio	30 min	Brendan
The Trip	6.50am	7.35am	Spin Studio	45 min	Brendan
Aerobics	9am	9.45am	Main	45 min	Kia
Flow Yoga	9am	9.45am	Loft Studio	45 min	Sally
The Trip	9.45pm	10.30am	Spin Studio	45 min	Louise
Step Aerobics	10am	10.45am	Main	45 min	Kia
Hot Yoga	10.15am	11am	Loft Studio	45 min	Sally
Bootcamp	11am	11.30am	Loft Studio	45 min	Myles
Body Balance	11am	11.45am	Main	45 min	Kia
Pilates	11.30am	12.15pm	Loft Studio	45 min	Karen
Kettle Hit	11.40am	12.10pm	Studio 2	30 min	Myles
Body Combat	5pm	5.45pm	Main	45 min	Sue/Hannah
Pilates	5.15pm	6pm	Loft Studio	45 min	Lisa
Zumba	6pm	6.45pm	Main	45 min	Sue/Hannah
Hot Pilates	6.15pm	7pm	Loft Studio	45 min	Lisa
Kettle Bells	6.15pm	6.45pm	Studio 2	45 min	James
The Trip	7pm	7.45pm	Spin Studio	45 min	Lias
Legs, Bums, Tums	7pm	7.45pm	Main	45 min	Lisa
Grit Cardio	7.15pm	8pm	Studio 2	45 min	Emma
Grit Strength	7.55pm	8.25pm	Studio 2	30 min	Emma
Pilates	8pm	8.45pm	Main	45 min	Lisa
Hot Pilates	8.45pm	9.30pm	Loft Studio	45 min	Lisa

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THURSDAY

Class	Start	Finish	Studio	Duration	Instructor
Grit Strength	6.15am	6.45am	Main	30 min	Brendan
The Trip	6.20am	7.05am	Spin Studio	45 min	Michelle
Core	7am	7.40am	Main	40 min	Brendan
Yin Yoga	7.15am	8am	Loft Studio	45 min	Carolyn
Body Pump	9.10am	9.55am	Main	45 min	Louise
Train For Power	9.15am	9.45am	SportsPerformance	30 min	James
Body Balance	9.15am	10am	Loft Studio	45 min	Kia
The Trip	9.30am	10.15am	Spin Studio	45 min	Michelle
Kettle Hit	10.15am	10.45am	Main	30 min	Kia
Pilates	10.15am	11am	Loft Studio	45 min	Lisa
Legs, Bums, Tums	11am	11.30am	Studio 2	30 min	Myles
Step Aerobics	11.05am	11.50am	Main	45 min	Kia
Hot Pilates	11.15am	12pm	Loft Studio	45 min	Lisa
Circuits	12pm	12:30pm	Studio 2	30 min	Myles
Pilates	12.30pm	1.15pm	Loft Studio	45 min	Karen
Body Jam	4.50pm	5.30pm	Main	45 min	Anne
Vibe	5.30pm	6.15pm	Spin Studio	45 min	Joanne
Hatha Yoga	5.40pm	6.25pm	Main	45 min	Carolyn
Kettle Bells	6.15pm	6.45pm	Studio 2	30 min	James
Vibe	6.20pm	7.05pm	Spin Studio	45 min	Joanne
Zumba	6.40pm	7.25pm	Main	45 min	Michelle
Body Pump	7.10pm	7.55pm	Studio 2	45 min	Louise
The Trip	7.30pm	8.15pm	Spin Studio	45 min	Mary
Grit Strength	7.30pm	8pm	Main	30 min	Emma
Grit Athletic	8.05pm	8.35pm	Main	30 min	Emma

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Classes in Red are in the Spin Studio.

Classes in Blue are in Studio Two.

Classes in Green are in the Loft Studio.

Classes in Purple are in Sports Performance.

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FRIDAY

Class	Start	Finish	Studio	Duration	Instructor
Body Pump	6.30am	7.15am	Main	45 min	Dimi
The Trip	6.50am	7.35am	Spin Studio	45 min	Michelle
Fab Abs, Killer Butt	9.15am	10am	Main	45 min	Kia
The Trip	9.30am	10.15am	Spin Studio	45 min	Louise
Body Balance	10.05am	10.50am	Main	45 min	Kia
Kettle Bells	10.30am	11am	Studio 2	30 min	James
Hatha Yoga	12pm	12.45pm	Loft Studio	45 min	Louise
Kettlebells	4pm	4.30pm	Studio 2	30 min	Myles
LBT	5pm	5.30pm	Studio 2	30 min	Myles
BODY PUMP	5PM	5.45pm	Main	45 min	Louise
Vibe	5:30pm	6.15pm	Spin Studio	45 min	Joanne
BODY JAM	6.15pm	7pm	Main	45 min	Anne
ZUMBA	7.10pm	7.55pm	Main	45 min	Hannah/Sue

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SATURDAY

Class	Start	Finish	Studio	Duration	Instructor
The Trip	7.30am	8.15am	Spin Studio	45 min	Michelle
Equipment Circuit	7.30am	8.15am	Studio 2	45 min	Pep
Zumba	8.15am	9am	Main	45 min	Andrea
Body weight	8.25am	9.10am	Studio 2	45 min	Pep
Barre	9.15am	10am	Loft Studio	45 min	Anne
Bootcamp	9.25am	9.55am	Studio 2	30 min	Pep
The Trip	9:30am	10.15am	Spin Studio	45 min	Michelle
Hatha Yoga	10.15am	11am	Loft Studio	45 min	Louise
Pad Fit	10.20am	11.05am	Main	45 min	Pep
Kettle Bells	11am	11.30am	Studio 2	30 mins	Myles
Hot yoga	11.30am	12.15pm	Loft Studio	45 min	Louise
HIT	11.35am	12.05pm	Studio 2	30 min	Myles

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SUNDAY

Class	Start	Finish	Studio	Duration	Instructor
The Trip	7am	7.45am	Spin Studio	45 min	Llias
Fab Abs, Killer butt	8am	8.45am	Main	45 min	Julia
Vibe	8.45am	9.30am	Spin Studio	45 min	Joanne
Zumba	9am	9.45am	Main	45 min	Julia
Vibe	9.40am	10.25am	Spin Studio	45 min	Joanne
LBT	10am	10.50am	Main	45 min	Julia
Pilates	11am	11.45am	Main	45 min	Karen
Hot Pilates	2pm	2.45pm	Loft Studio	45 min	Karen

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