

AUGUST - SEPTEMBER



TIMETABLE 2025



MONDAY

6.45-7.30	LIFT <u>WITH CSENGE</u>
7.35-8.15	CIRCUITS <u>WITH CSENGE</u>
12.00-12.40	YOGA <u>WITH SUSIE</u>
12.10-12.40	RIDE <u>WITH ADAM</u>
12.50-13.30	LIFT <u>WITH ADAM</u>
13.35-14.10	PILATES <u>WITH ADAM</u>
18.00-18.45	CIRCUITS <u>WITH TIFF</u>
18.00-18.45	RIDE <u>WITH WAI</u>
18.50-19.50	ASHTANGA YOGA <u>WITH TIFF</u>

TUESDAY

6.40-7.10	RIDE <u>WITH CERI</u>
7.15-8.00	LIFT <u>WITH AMY</u>
10.00-10.55	YOGA <u>WITH FINOLA</u>
12.05-12.45	CIRCUITS <u>WITH SARAH</u>
12.10-12.40	RIDE <u>WITH PAUL</u>
12.50-13.25	STRETCH & CORE <u>WITH SARAH</u>
13.30-14.10	KETTLEBELLS <u>WITH SAM</u>
17.45-18.45	YOGA <u>WITH HALI</u>
18.10-18.45	RIDE <u>WITH DONNA</u>
18.50-19.30	LIFT <u>WITH DONNA</u>
19.35-20.30	YOGA <u>WITH HALI</u>

WEDNESDAY

6.40-7.20	LIFT <u>WITH WAI</u>
7.25-7.55	RIDE <u>WITH WAI</u>
7.30-8.30	YOGA <u>WITH HANNAH</u>
12.05-12.55	CONDITIONING <u>WITH SALLY</u>
12.10-12.40	RIDE <u>WITH PAUL</u>
13.00-13.50	YOGA <u>WITH CORINNE</u>
17.40-18.25	LIFT <u>WITH CARLY</u>
18.30-19.15	RIDE RHYTHM <u>WITH CARLY</u>
19.25-20.15	BARRE <u>WITH CARLY</u>

THURSDAY

6.45-7.15	RIDE <u>WITH ADAM</u>
7.20-7.50	STRETCH & CORE <u>WITH ADAM</u>
12.00-12.40	YOGA <u>WITH NICOLA</u>
12.10-12.40	RIDE <u>WITH ADAM</u>
12.45-13.30	LIFT <u>WITH LIV</u>
17.30-18.00	RIDE RHYTHM <u>WITH MONICA</u>
18.10-18.50	ZUMBA <u>WITH MONICA</u>
19.00-19.45	MEDITATION & MINDFULNESS <u>WITH SUSIE</u>
19.45-20.45	POWER YOGA <u>WITH HANNAH</u>

FRIDAY

7.00-7.45	LIFT <u>WITH WILL</u>
12.10-12.45	CIRCUITS <u>WITH ELISA</u>
12.10-12.40	RIDE <u>WITH ADAM</u>
12.50-13:30	PILATES <u>WITH ADAM</u>

SATURDAY

8:30-9.25	CIRCUITS <u>WITH JOSH</u>
9.30-10.15	PILATES <u>WITH ELISA</u>
10.30-11.15	YOGA <u>WITH ELISA</u>

SUNDAY

10.00-11.00	YOGALATES <u>WITH KIT</u>
11.00-12.00	PILATES <u>WITH KIT</u>

HOLISTIC

SPIN

HIGH ENERGY