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| --- | --- | --- | --- | --- | --- | --- |
| **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT** | **SUN** |
| **AM** | **AM** | **AM** | **AM** | **AM** | **AM** | **AM** |
| **15 Minutes Abs: Pilates Style**  **10:30- 10:45**  **Virtual Instructor**  **Max Capacity - 10** | **Sunrise Yoga**  **07:15-08:15**  **Harvey**  **Max Capacity - 20** | **HIIT Strength:**  **Lower Body Express**  **09:30 – 09:50**  **Virtual Instructor**  **Max Capacity - 10** | **Beginner Cycle**  **09:15 – 10:00**  **Virtual Instructor**  **Max Capacity - 6** | **HIIT Strength:**  **Lower Body Express**  **09:30-09:50**  **Virtual Instructor**  **Max Capacity - 10** | **Core Killer**  **10:30-11:00**  **Virtual Instructor**  **Max Capacity - 10** | **Cycle HIIT**  **10:45 – 11:15**  **Virtual instructor**  **Max Capacity - 6** |
| **Effective Pilates**  **11:15 – 12:00**  **Virtual Instructor**  **Max Capacity - 10** | **Core Killer**  **11:00 – 11:30**  **Virtual instructor**  **Max Capacity - 10** | **Core Killer**  **11:45 – 12:15**  **Virtual instructor**  **Max Capacity - 10** | **Effective Pilates**  **11:00 – 11:45**  **Virtual Instructor**  **Max Capacity - 10** | **Cycle HIIT**  **10:45 – 11:15**  **Virtual instructor**  **Max Capacity - 6** | **Fitness Yoga**  **11:30 – 12:15**  **Virtual instructor**  **Max Capacity - 10** | **Core Killer**  **11:45 – 12:15**  **Virtual instructor**  **Max Capacity - 10** |

**Outdoor – Multi Use Area**

**Fitness Studio**

**Conference Room**

**This timetable will be running from Monday 28th of September 2020**



**Gym Floor**

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| **MON** | **TUE** | **WED** | **THUR** | **FRI** | **SAT** | **SUN** |
| **PM** | **PM** | **PM** | **PM** | **PM** | **PM** | **PM** |
| **Sculpt: Arms and Abs**  **13:00-13:20**  **Virtual Instructor**  **Max Capacity - 10** | **Beginners Cycle**  **13:00-13:45**  **Virtual Instructor**  **Max Capacity - 6** | **Legs, Bums and Tums**  **17:00-17:45**  **Shelagh**  **Max Capacity - 10** | **15 Minute Abs: Pilates Style**  **13:00-13:15**  **Virtual Instructor**  **Max Capacity - 10** | **PiYo**  **13:00 – 13:30**  **Virtual Instructor**  **Max Capacity - 10** | **HIIT Strength:**  **Lower Body Express**  **13:30-13:50**  **Virtual Instructor**  **Max Capacity - 10** | **Fitness Yoga**  **13:00 – 13:45**  **Virtual instructor**  **Max Capacity - 10** |
| **Strala Yoga**  **17:00-18:00**  **Dominika**  **Max Capacity - 20** | **Legs, Bums and Tums**  **17:00-18:00**  **Shelagh**  **Max Capacity - 20** | **Bootcamp**  **18:15-19:00**  **Fitness team**  **Max Capacity - 15** | **Cycle**  **17:15-18:00**  **Matt**  **Max Capacity - 8** | **Beginner Cycle**  **17:00 – 17:45**  **Virtual Instructor**  **Max Capacity - 6** | **Effective Pilates**  **16:00 – 16:45**  **Virtual Instructor**  **Max Capacity - 10** | **15 Minute Abs: Pilates Style**  **16:00-16:15**  **Virtual Instructor**  **Max Capacity - 10** |
| **Indoor Cycle**  **18:30-19:30**  **Alex**  **Max Capacity – 8** | **Step Fitness**  **18:30-19:30**  **Shelagh**  **Max Capacity - 20** | **Barbell Sculpt**  **19:00-20:00**  **Gennaro**  **Max Capacity - 10** | **Abs Blast**  **18:30-18:50**  **Matt**  **Max Capacity – 20** | **Cardio Core**  **19:15-19:45**  **Virtual Instructor**  **Max Capacity - 10** |  |  |
| **Abs Blast**  **20:00-20:30**  **Fitness team**  **Max Capacity - 10** | **Cardio Core**  **20:00-20:45**  **Virtual Instructor**  **Max Capacity - 10** |  | **Sculpt: Arms and Abs**  **19:30-19:50**  **Virtual Instructor**  **Max Capacity - 10** |  |  |  |