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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** |  |  |  |