

EASTER CLASS TIMETABLE



GOOD FRIDAY (19th)

Time	Class	Studio	Instructor
07:15–08:00	Group Cycle	Studio 2	Jo B
09:30–10:15	Group Cycle	Studio 2	Fitness
09:30–10:30	LBT / Stretch	Studio 1	Lou
10:30–11:00	Fitness Pilates	Studio 1	Lou
11:00–12:00	Body Balance	Studio 1	Lou
12:00–13:00	LBT	Studio 1	Lou
12:00–12:45	Sufferfest	Studio 2	Virtual
12:30–13:00	Metafit	Studio 3	Fitness
14:00–14:30	Les Mills RPM	Studio 2	Virtual
17:15–18:15	Sufferfest	Studio 2	Virtual
17:30–18:30	Body Pump	Studio 1	Angela
17:30–18:30	Kettlebells	Studio 3	Isla

SATURDAY (20th)

Time	Class	Studio	Instructor
08:00–09:00	Sufferfest	Studio 2	Virtual
08:30–09:15	Gym Circuits	gym	Fitness
09:00–10:00	Body Attack	Studio 1	Neil
10:00–10:45	Les Mills RPM	Studio 2	Virtual
10:05–11:05	Zumba/Fitsteps	Studio 1	Christine
11:10–12:10	Body Pump	Studio 1	Chihiro
11:15–12:15	Sufferfest	Studio 2	Virtual
12:15–13:15	Body Balance	Studio 1	Fiona
12:30–13:15	Les Mills RPM	Studio 2	Virtual
17:15–18:00	Les Mills RPM	Studio 2	Virtual

EASTER SUNDAY (21st)

Time	Class	Studio	Instructor
07:45–08:45	Sufferfest	Studio 2	Virtual
09:00–10:00	Body Pump	Studio 1	Chihiro
10:15–11:15	Body Combat	Studio 1	Danny
11:15–12:15	Sufferfest	Studio 2	Virtual
11:30–12:15	Circuits	Studio 1	Fitness
12:30–13:15	Les Mills RPM	Studio 2	Virtual
17:15–18:00	Les Mills RPM	Studio 2	Virtual
17:30–18:30	Body Attack	Studio 1	Chihiro

MONDAY (22nd)

Time	Class	Studio	Instructor
07:15–07:45	Express Group Cycle	Studio 2	Fitness
09:00–10:00	Aqua	Pool	Ben
09:30–10:30	LBT	Studio 1	Lou
09:30–10:30	Les Mills RPM	Studio 2	Virtual
10:30–11:30	Pilates	Studio 1	Lou
12:15–13:00	Sufferfest	Studio 2	Virtual
12:30–13:15	Circuits	Studio 1	Fitness
14:00–14:30	Les Mills RPM	Studio 2	Virtual
17:00–17:30	Metafit	Studio 3	Fitness
17:00–18:00	Fitness Pilates	Studio 1	Lou
17:15–18:00	Sufferfest	Studio 2	Virtual
17:30–18:00	Yoga	Studio 3	Pauline

