

Easter

CLASS TIMETABLE 2016



	BOROUGH		BOW		CAMDEN		CLAPHAM		COVENT GARDEN		EARLS COURT		FARRINGDON		WATERLOO	
	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS	TIME	CLASS
GOOD FRIDAY 25 th March	12:30-13:15	BODYPUMP™ Ben			12:45-13:15	INSANITY® Jana	12:30-12:45	SoFUNCTIONAL RIG & PLYO Fitness Team	12:45-13:15	GRIT STRENGTH™ Matt S	09:15-10:15	BODYATTACK™ Gil	13:15-14:00	HIIT-CYCLE Desmond	08:15-09:00	SPINNING® Michelle N
	18:00-19:00	DYNAMIC FLOW YOGA Karl			18:15-19:00	SPINNING® Keith			18:00-18:30	SoFUNCTIONAL CORE Tony	12:30-13:30	DYNAMIC FLOW YOGA Karl			12:30-13:15	BODYATTACK™ Nick
SATURDAY 26 th March	09:00-10:00	CYCLE-TOUR Nadine	11:00-11:45	HIIT-CYCLE Nadine	09:30-10:30	BEGINNERS YOGA Michael	08:15-09:00	HIIT-CYCLE Mandi	11:00-12:30	DHARMA MITTRA YOGA Clare	10:30-11:30	BODYATTACK™ Dean	10:30-11:15	SoFUNCTIONAL ATHLETIC Szilvia	10:00-10:45	CYCLE-TOUR Amy
	09:30-10:30	PILATES Adrian	12:00-12:45	CYCLE-TOUR Nadine	10:30-11:30	BODYPUMP™ Malcolm	10:30-11:30	BODYATTACK™ Ben	12:45-13:15	INSANITY® Tony	11:30-12:30	BODYPUMP™ Dean	11:15-11:30	SoFUNCTIONAL CORE Szilvia		
	11:15-12:00	HIIT-CYCLE Mandi			11:30-12:30	BODYCOMBAT™ Malcolm	11:30-12:30	BODYPUMP™ Ben			12:45-13:30	SPINNING® Jenny				
	12:30-13:30	BODYCOMBAT™ Diomideia					12:30-13:30	INSANITY® Matt P								
	12:30-13:30	ASHTANGA YOGA Michael														
EASTER SUNDAY 27 th March	12:30-13:15	SPINNING® Amy			09:30-10:30	BODYPUMP™ Kayleigh	10:00-11:00	POWER YOGA Tatjana			09:30-10:30	ZUMBA Maika	10:00-11:00	PILATES Erez	11:30-12:15	SPINNING® Agata
							11:30-12:15	SPINNING® Maria					11:30-12:20	INSANITY® Szilvia		
BANK HOLIDAY MONDAY 28 th March	10:00-10:45	CYCLE-RHYTHM Amy	13:30-14:00	SoFUNCTIONAL STRENGTH Fitness Team	13:15-14:15	DYNAMIC FLOW YOGA Karl	12:00-12:45	INSANITY® Matt P	12:45-13:15	INSANITY® LORELLA	12:30-13:30	BODYPUMP™ Veronica M	12:15-13:00	SPINNING® Tank	08:15-09:00	SPINNING® Michelle N
	17:45-18:30	SPINNING® Roger	18:30-18:45	SoFUNCTIONAL CORE Fitness Team	18:00-18:45	PILATES Ivona	12:45-13:45	BODYPUMP™ Matt P	18:30-19:30	BODYPUMP™ Jade	18:00-18:45	BODYATTACK™ Claire	13:00-13:45	BOXING TRAINING Tank	12:45-13:15	SoFUNCTIONAL CORE Adrian
										18:45-19:30	BODYPUMP™ Claire	17:45-18:30	SoFUNCTIONAL ATHLETIC Sarah	13:15-13:45	INSANITY® Abbie	
												18:30-19:30	BARRE CONDITIONING Sarah	13:15-14:00	PILATES Adrian	

