



STUDIO

BOROUGH GROUP EXERCISE TIMETABLE

From
January
2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	CYCLE-SOUNDS 07:00 - 07:45 A <i>Tim</i>	BODYPUMP™ 07:00-07:45 A <i>Hayley</i>	YOGA 07:00-07:45 B <i>Dezi</i>	CYCLE-SOUNDS 07:00-07:45 A <i>Roger</i>		CYCLE-TOUR 09:00-10:00 A <i>Nadine</i>	CYCLE-SOUNDS 10:30-11:15 A <i>Tim</i>
LUNCH	YOGA 12:30 - 13:15 B <i>Charlie</i>	PILATES 12:30-13:30 B <i>Adrian</i>	SPINNING® 12:15 - 12:45 A <i>Yaw</i>	PILATES 12:15-13:15 B <i>Adrian</i>	BODYPUMP™ 12:30-13:15 A <i>Edgar</i>	PILATES 09:30-10:30 B <i>Adrian</i>	YOGA 11:15 - 12:15 B <i>Frankie</i>
	BODY COMBAT 12:15-13:00 A <i>Akiko</i>	CORE WHEEL 13:00-13:30 <i>Tony</i>	YOGA 12:30-13:15 B <i>Renee</i>	DRILL: 12:30-13:15 A <i>Sue</i>	3:5:15 HIIT 13:15 - 13:30 A <i>Fitness Team</i>	BODYPUMP™ 10:15-11:15 A <i>Jennie</i>	
	HIIT-CYCLE 13:10 - 13:40 A <i>Petya</i>	INSANITY® 13:30 -14:00 A <i>Tony</i>		CORE 13:15-13:45 A <i>Sue</i>		HIIT-CYCLE 11:15-12:00 A <i>Mandi</i>	
EVENING	SPINNING® 17:45 - 18:30 A <i>Roger</i>	3:5:15 HIIT 18:00 - 18:15 Gym <i>Fitness Team</i>	BODYPUMP™ 18:00-18:45 A <i>Edgar</i>	INSANITY® 18:00-18:45 A <i>Abbie</i>	YOGA 18:00-19:00 B <i>Karl</i>	BODYCOMBAT™ 12:30 - 13:30 A <i>Diomideia</i>	
	3:5:15 HIIT 18:00 - 18:20 Gym <i>Fitness Team</i>	BROKEN 18:00 - 18:45 A <i>Will L</i>	BODYCOMBAT™ 18:45-19:30 A <i>Maureen</i>	YOGA 18:45-19:45 B <i>Jolanta</i>		YOGA 12:30 - 13:30 B <i>Michael</i>	
	BODYPUMP™ 18:30 - 19:30 A <i>Andrew</i>	CORE 18:45-19:15 A <i>Sarah</i>	PILATES 18:45-19:45 B <i>Massimo</i>	BODYPUMP™ 18:45-19:45 A <i>Diomideia</i>			
	PILATES 18:45 - 19:45 B <i>Roger</i>	YOGA 19:15-20:15 B <i>Aina</i>	HIIT-CYCLE 19:30-20:15 A <i>Mandi</i>				
	ZUMBA® 19:30-20:30 A <i>Niki</i>	BODYPUMP™ 19:15-20:00 A <i>Sarah</i>					

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	