

CLAPHAM GROUP EXERCISE TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	SPINNING® 06:25-06:55 B <i>Lisa</i>	INSANITY 06:25 - 06:55 A <i>Abbie</i>	BODYPUMP™ 06:45-07:30 A <i>Edgar</i>	DRILL: 06:25 - 06:55 A <i>Mandi</i>	DRILL: 07:00-07:45 A <i>Marco</i>	HIIT-CYCLE 08:15-09:00 B <i>Mandi</i>	YOGA 10:00 - 11:00 A <i>Tatjana</i>
	BODYPUMP™ 07:00-07:45 A <i>Paul M</i>	SPINNING® 07:00-07:30 B <i>Maria</i>		HIIT-CYCLE 07:00-07:45 B <i>Mandi</i>		YOGA 09:15-10:25 A+B <i>Simon B</i>	SPINNING® 11.20-12.05 B <i>Sal</i>
LUNCH	3:5:15 HIIT 12:30 - 12:50 Track <i>Fitness Team</i>	PILATES 12:30-13:30 A <i>Michael</i>	BARRE 12:30-13:15 A <i>Andrea P</i>	YOGA 12:30-13:30 A <i>Richard T</i>	BODYPUMP™ 12.30-13.15 A <i>Jon</i>	BODYATTACK™ 10:30-11:30 A <i>Matt D</i>	3:5:15 HIIT 11:45-12:00 Gym <i>Fitness Team</i>
EVENING	CORE WHEEL 18:00-18:30 A <i>Yaw</i>	3:5:15 HIIT 18:10-18:30 Track <i>Fitness Team</i>	3:5:15 HIIT 18:00-18:20 Track <i>Fitness Team</i>	BROKEN 18:00-18:30 A <i>Yaw</i>	SPINNING® 18:30-19:15 B <i>Yaw</i>	BODYPUMP™ 11:30-12:30 A <i>Matt D</i>	BODYPUMP™ 12:15-13:00 A <i>Edgar</i>
	BODYPUMP™ 18:30-19:30 A <i>John S</i>	BROGA® FITNESS YOGA 18:30-19:15 A <i>Richard T</i>	BODYPUMP™ 18:15-19:00 A <i>Pam</i>	BOXTRAINING 18:30 - 19:00 A <i>Nikki</i>			PILATES 16:00-17:00 A <i>Michael</i>
	SPINNING® 19:00 - 19:45 B <i>Abbie</i>	SPINNING® 19:15-20:00 B <i>Lisa</i>	SPINNING® 19:00 - 19:45 B <i>Mark</i>	3:5:15 HIIT 18:45-19:00 Track <i>Fitness Team</i>			
	BODYATTACK™ 19:30-20:15 A <i>Dan</i>	BODYPUMP™ 19:15-20:15 A <i>John K</i>	INSANITY® 19:15-20:05 A <i>Bella</i>	BODYPUMP™ 19:00 - 20:00 A <i>Liam</i>			
	PILATES 20:15-21:15 A <i>Sergio</i>		YOGA 20:15-21:15 A <i>Michael L</i>	HIIT-CYCLE 19:15-20:00 B <i>Mandi</i>			

KEY

- EXCLUSIVE SOHO
- HOLISTIC
- STRENGTH
- DANCE
- HIIT
- CYCLE
- COMBAT