



STUDIO

EARLS COURT GROUP EXERCISE TIMETABLE

From
January
2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	INSANITY 07:15 - 08:00 Shara	SPINNING® 07:15 - 08:00 Francesca	BROKEN 09:15-10:00 Bella	HIIT-CYCLE 09:15-10:00 Petya	BODYATTACK™ 09:15- 10:15 Akiko	PILATES 09:30-10:30 Massimo	ZUMBA 09:30-10:30 Deby
	YOGA 10:30-11:45 Tatjana					BODYATTACK™ 10:30-11:30 Vicky T	CORE 10:30-11:00 Renee
LUNCH	BODYPUMP™ 12:30-13:30 Veronica M	BODYATTACK™ 12:30-13:15 Akiko	BODY PUMP™ 12:30-13:15 Akiko	SPINNING® (Starts 11 th) 12.30-13.15 Abbie	YOGA 12:30-13:30 Karl	BODYPUMP™ 11:30-12:30 Vicky T	STRENGTH 11:00-12:00 Renee
EVENING	3:5:15 HIIT 17:40-18:00 Fitness Team	3:5:15 HIIT 17:45-18:00 Fitness Team	3:5:15 HIIT 17:45-18:05 Fitness Team	3:5:15 HIIT 17:45-18:00 Fitness Team	SPINNING® 18:00 - 18:45 Para	SPINNING® 12:45-13:30 Jennie	YOGA 13:00-14:00 Victoria
	BODYATTACK™ 18:00-18:45 Eleanor	PILATES 18:00-19:00 Massimo	BODYCOMBAT™ 18:15-19:00 Veronika	BODYPUMP™ 18:00-19:00 Mariia	YOGA 18:45-19:45 Jocelynn	INSANITY® 13:30-14:20 Bella	
	BODYPUMP™ 18:45-19:30 Eleanor	BODYPUMP™ 19:00-20:00 Cilu	SPINNING® 19:00-19:45 Veronika	INSANITY® 19:00-19:45 Shara			
	YOGA 19:40-20:55 Karl	MUAY THAI KICKBOXING 20:10-21:10 Joshua	BODYATTACK™ 19:45-20:45 Kyode	PIYO® 19:45-20:45 Shara			

KEY

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