



STUDIO

HOLBORN GROUP EXERCISE TIMETABLE

From
January
2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	DRILL: 07:30 - 08:00 <i>Nathan</i>						
LUNCH	3:5:15 HIIT 12:15 - 12:45 Gym <i>Team</i>	BARRE (Starts 9 th) 12:30-13.15 <i>Olianna</i>	3:5:15 HIIT 12:15 - 12:45 Gym <i>Team</i>		3:5:15 HIIT 12:00 - 12:30 <i>Team</i>	YOGA 11:00 - 12:30 <i>Clare</i>	3:5:15 HIIT 12:45 - 13:00 <i>Team</i>
	BROKEN 12:45- 13:15 <i>Yaw</i>	SPEED YOGA 13.15-13.50 <i>Alfia</i>	HOT PILATES 12:45 -13:45 <i>Carl</i>	YOGA 12:45 - 13:30 <i>Tatjana</i>	DRILL: 12.30-13.15 <i>Team</i>		
EVENING	CORE 18:00-18:30 <i>Lorella</i>	3:5:15 HIIT 17:45-18.00 <i>Team</i>	INSANITY® 18:00- 18:30 <i>Lorella</i>	DRILL: 18:00- 18:45 <i>Tony</i>	3:5:15 HIIT 17:45 - 18:00 <i>Team</i>		
	BODYPUMP™ 18:30-19:30 <i>Jade C</i>	HIIT 18:00 - 19:00 <i>Tony</i>	BODYPUMP™ 18:30-19:30 <i>Jon</i>	BROGA® HOT YOGA 18:45 - 19:45 <i>Matt M</i>	CORE WHEEL 18:00-18:30 <i>Tony</i>		
					BODYPUMP™ 18:30 - 19:30 <i>Jennie</i>		

KEY

EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	