



STUDIO

TOWER HILL GROUP EXERCISE TIMETABLE

From January 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	BODYPUMP™ 07:15 - 08:00 A <i>Eleanor</i>	INSANITY® 07:15 - 07:45 A <i>Sue H</i>	SPINNING® 07:15 - 08:00 B <i>Kamil</i>	SPINNING® 07:15 - 08:00 B <i>Luca</i>	CYCLE-SOUNDS 07:15 - 08:00 B <i>Para</i>	CYCLE 09:15 - 10:00 B <i>Virtual</i>
	HIIT-CYCLE 07:15 - 08:00 B <i>Mandi</i>	SPINNING® 07:15 - 08:00 B <i>Luca</i>	LTB 07:15 - 08:00 A <i>Amina</i>	CYCLE 08:15 - 08:45 B <i>Virtual</i>	CYCLE 08:15 - 08:45 B <i>Virtual</i>	CYCLE 10:30 - 11:15 B <i>Virtual</i>
	CYCLE 08:15 - 08:45 B <i>Virtual</i>	CYCLE 08:15 - 08:45 B <i>Virtual</i>	CYCLE 08:15 - 08:45 B <i>Virtual</i>	BODYPUMP™ 12:15 - 13:00 A <i>Edgar</i>	CYCLE 12:00 - 12:45 B <i>Virtual</i>	3:5:15 HIIT 11:00 - 11:15 Gym <i>Fitness Team</i>
LUNCH	CYCLE 12:00 - 12:45 B <i>Virtual</i>	LTB 12:15 - 13:00 A <i>Lorraine</i>	EPIC RIDE 12:00 - 12:45 B <i>Virtual</i>	3:5:15 HIIT 12:30 - 12:50 Track <i>Fitness Team</i>	ZUMBA 12:15 - 13:00 A <i>Rosaria</i>	CYCLE 12:00 - 12:45 B <i>Virtual</i>
	INSANITY® 12:15 - 12:45 A <i>Sue H</i>	3:5:15 12:30 - 12:45 Track <i>Fitness Team</i>	YOGA 12:15 - 13:00 A <i>Kate</i>	CXWORX 13:00 - 13:30 A <i>George</i>	3:5:15 HIIT 12:30 - 12:45 Track <i>Fitness Team</i>	3:5:15 HIIT 13:00 - 13:15 Gym <i>Fitness Team</i>
	3:5:15 HIIT 12:30 - 12:45 Track <i>Fitness Team</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Para</i>	BROKEN 13:05 - 13:45 B <i>Rachelle</i>	SPINNING® 13:05 - 13:45 B <i>Lorraine</i>	CYCLE-SOUNDS 13:05 - 13:45 B <i>Kamil</i>	EPIC RIDE 13:15 - 14:00 B <i>Virtual</i>
	CXWORX 12:45 - 13:15 A <i>Matt S</i>	HIIT 13:10 - 13:40 A <i>Jermaine</i>	HIIT-CYCLE 13:05 - 13:45 B <i>Petya</i>	CYCLE 14:00 - 15:00 B <i>Virtual</i>	DRILL: 13:10 - 13:40 A <i>Zee</i>	
	CYCLE-TOUR 13:05 - 13:45 B <i>Nadine</i>	CYCLE 14:00 - 15:00 B <i>Virtual</i>	3:5:15 HIIT 13:30 - 13:50 Track <i>Fitness Team</i>	EPIC RIDE 15:15 - 15:45 B <i>Virtual</i>	CYCLE 15:00 - 15:45 B <i>Virtual</i>	
	EPIC RIDE 15:00 - 15:45 B <i>Virtual</i>	3:5:15 HIIT 14:00 - 14:20 Track <i>Fitness Team</i>	CYCLE 15:00 - 15:45 B <i>Virtual</i>			
	CYCLE 15:15 - 15:45 B <i>Virtual</i>					
EVENING	CYCLE 17:15 - 17:45 B <i>Virtual</i>	CYCLE 16:00 - 16:30 B <i>Virtual</i>	CYCLE 17:00 - 17:30 B <i>Virtual</i>	CYCLE 16:00 - 16:30 B <i>Virtual</i>	CYCLE 17:00 - 17:30 B <i>Virtual</i>	
	BOX TRAINING 17:30 - 18:15 A <i>Zee</i>	CYCLE 17:00 - 17:30 B <i>Virtual</i>	CARDIO BLAST 17:30 - 18:30 A <i>Lorraine</i>	CYCLE 17:00 - 17:30 B <i>Virtual</i>	CYCLE 17:45 - 18:15 B <i>Virtual</i>	
	HIIT-CYCLE 18:05 - 18:45 B <i>Kamil</i>	SPINNING® 17:45 - 18:30 B <i>Yaw</i>	CYCLE 17:45 - 18:30 B <i>Virtual</i>	BROKEN 18:00 - 18:45 A <i>Rachelle</i>	CYCLE 18:30 - 19:00 B <i>Virtual</i>	
	BODYCOMBAT™ 18:15 - 19:00 A <i>Maureen</i>	BODYCOMBAT™ 18:15 - 19:00 A <i>Siu</i>	YOGA 18:30 - 19:30 A <i>Alice</i>	SPINNING® 18:15 - 19:00 B <i>Caroline</i>	CYCLE 19:15 - 19:45 B <i>Virtual</i>	
	CYCLE 19:00 - 19:30 B <i>Virtual</i>	CYCLE 19:00 - 19:30 B <i>Virtual</i>	CYCLE 18:45 - 19:15 B <i>Virtual</i>	CYCLE 19:15 - 19:45 B <i>Virtual</i>		
		EPIC RIDE 19:30 - 20:00 B <i>Virtual</i>				

KEY	
EXCLUSIVE SOHO	HIIT
HOLISTIC	CYCLE
STRENGTH	COMBAT
DANCE	