

# Fitness Class Instructor List

Week commencing 29<sup>th</sup> July



Class	Time	Studio	Instructor
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## Monday 29<sup>th</sup> July

GRIT	6.15am	Studio One	Daniel
Virtual Spin	6.30am	Spin	x
Body Pump	7am	Studio One	Daniel
Pilates	8am	Studio One	Lauren
Spin	8.15am	Spin	Clare
Yoga	8.50am	Studio One	Pamela
B2B Pilates	9.10am	Studio Two	Lauren
LBT	10.30am	Studio One	Lauren
Fit Ball	10.30am	Studio Two	Ayesha
Forever Fit	11.25am	Studio One	Lauren
Power Yoga	12pm	Studio Two	Zuzana
Pilates	12.35pm	Studio One	Lauren
Reformer Class	2-3pm	Studio Two	Lauren
Tai Chi	3-4pm	Studio One	Graham
Spin	6.30pm	Spin	Alex
Sivananda Yoga	6.30pm	Studio One	Alison
HIIT	7.30pm	Studio Two	Alex

## Tuesday 30<sup>th</sup> July

Spin	6.30am	Spin	Ayesha
GRIT	7am	Studio One	Donovan
HIIT and Core	8.30am	Studio One	Clare
Bootcamp	9am		Donovan
Spin	9.30am	Spin	Clare
Body Pump	9.30am	Studio One	Gabrielle
Aqua	9.45am		Geza
TRX	10am	Studio Two	Lucy
Zumba	10.45am	Studio Two	CANCELLED
Pilates	10.45am	Studio One	Pamela
Hydro Spin	11am		Lucy
Stretch	12.15pm	Studio One	Lucy
Vinyasa Flow Yoga	1pm	Studio One	Daisy
Reformer Pilates	2.15pm	Studio Two	Daisy
Spin	6.45pm	Spin	Roy
Pilates	7pm	Studio One	Lauren

## Wednesday 31<sup>st</sup> July

Body Pump	6.30am	Studio One	Eva
Pilates	7.45am	Studio One	Fiona
Sculpt	8am	Studio One	Clare
Hydro Circuit	8am		Lucy
Bootcamp	9am		Ryan
Vinyasa Flow Yoga	9am	Studio One	Zuzana
Spin	9am	Spin	CANCELLED
Yin Yang Yoga	10.15am	Studio One	Aoife
Aqua	10.30am		Ayesha
Body Pump	11.30am	Studio One	Boryana
Body Balance	12.45pm	Studio One	Boryana
Tai Chi	2pm	Studio One	Graham
Stage 2 Tai Chi	3pm	Studio One	Graham
Pilates	6.30pm	Studio One	Eva
Virtual Spin	7pm	Spin	x

## Thursday 1<sup>st</sup> August

Virtual Spin	6.30am	Spin	x
Body Pump	7am	Studio One	Daniel
Fit Ball	9am	Studio One	Ayesha
Forever Fit	10am	Studio One	CANCELLED
Spin	10am	Spin	Ayesha
Yoga	10am	Studio Two	Pamela
Bootcamp	10.30am		Lucy
Aqua	11am		Ayesha
Pilates	11am	Studio One	Pamela
LBT	12pm	Outdoor/ Studio 2	Ayesha
Body Pump	12.10pm	Studio One	Pamela
Stretch	1pm	Studio Two	Ryan
Spin	6.30pm	Spin	Alex
HIIT	7.30pm	Studio One	Alex

## Friday 2<sup>nd</sup> August

Body Pump	7am	Studio One	Boryana
Reformer Pilates	7.30am	Studio Two	Zuzana
Sculpt	8am	Studio One	Clare
Bootcamp	9am		Roy
Aqua	9am		Jan
Spin	9am	Spin	Clare
TRX	10am	Studio Two	Lucy
B2B Pilates	10am	Studio One	Zuzana

Hydro Circuit	11.10am		Ayesha
Pilates	11.05am	Studio One	Zuzana
Body Pump	12.15pm	Studio One	Pamela
Virtual Spin	6.30pm	Spin	x

### Saturday 3<sup>rd</sup> August

Pilates	7.45am	Studio One	Jo- Ann
GRIT Cardio	8.30am	Outdoor	Craig
Aqua	8.45am		Susan
Spin	9am	Spin	Lauren
Body Pump	9am	Studio One	Ayesha
GRIT Strength	9.15am	Studio Two	Craig
LBT	10am	Outdoors	Ayesha
Step	10am	Studio One	Lauren
Spin	11am	Spin	Ayesha
Pilates	11am	Studio Two	Zuzana
Body Balance	11.30am	Studio One	Jade
Power Yoga	12.15pm	Studio Two	Zuzana
Sivananda Yoga	3pm	Studio One	Alison

### Sunday 4<sup>th</sup> August

Hydro Spin	8.10am		Ayesha
Pilates	9am	Studio Two	Lauren
LBT	9am	Studio One	Ayesha
Bootcamp	9.30am	Outdoor	Ricky
Spin	9.30am	Spin	Clare
Body Pump	10.15am	Studio One	Ayesha
TBW	10.15am	Studio Two	Lauren
Spin	10.30am	Spin	Daniel
Pilates	11.30am	Studio One	Lauren
Reformer Pilates	1.45pm	Studio Two	Lauren
Reformer Induction	3pm	Studio Two	Lauren