



OCT-DEC TIMETABLE 2025



MONDAY

6.45-7.30	LIFT WITH CSENGE
7.35-8.15	CIRCUITS WITH CSENGE
12.00-12.40	YOGA WITH SUSIE
12.10-12.40	RIDE WITH ADAM
12.50-13.30	LIFT WITH ADAM
13.35-14.10	PILATES WITH ADAM
18.00-18.45	CIRCUITS WITH TIFF
18.00-18.45	RIDE WITH MICHAELA/CHLOE
18.50-19.50	ASHTANGA YOGA WITH TIFF

TUESDAY

6.40-7.10	RIDE WITH CERI
7.15-8.00	LIFT WITH AMY
10.00-10.55	YOGA WITH FINOLA
12.05-12.45	CIRCUITS WITH SARAH
12.10-12.40	RIDE WITH PAUL
12.50-13.25	STRETCH & CORE WITH SARAH
13.30-14.10	KETTLEBELLS WITH SAM
17.45-18.45	YOGA WITH HALI
18.10-18.45	RIDE WITH TIFF
18.50-19.30	CIRCUITS WITH TIFF
19.35-20.30	YOGA WITH HALI

WEDNESDAY

6.40-7.20	LIFT WITH WAI
7.25-7.55	RIDE WITH WAI
7.30-8.30	YOGA WITH HANNAH
12.05-12.55	CONDITIONING WITH CSENGE
12.10-12.40	RIDE WITH PAUL
13.00-13.50	YOGA WITH CORINNE
17.40-18.25	LIFT WITH CARLY
18.30-19.15	RIDE RHYTHM WITH CARLY
19.25-20.15	BARRE WITH CARLY

THURSDAY

6.45-7.15	RIDE WITH ADAM
7.20-7.50	STRETCH & CORE WITH ADAM
9.30-10.20	MUM FIT WITH DONNA
10.30-11.20	STRONG & STEADY WITH DONNA
12.00-12.40	YOGA WITH NICOLA
12.10-12.40	RIDE WITH ADAM
12.45-13.30	LIFT WITH LIV
17.30-18.00	RIDE RHYTHM WITH MONICA
18.10-18.50	ZUMBA WITH MONICA
19.00-19.45	MEDITATION & MINDFULNESS WITH SUSIE
19.45-20.45	POWER YOGA WITH HANNAH

FRIDAY

7.00-7.45	LIFT WITH WILL
12.10-12.45	CIRCUITS WITH ELISA
12.10-12.40	RIDE WITH ADAM
12.50-13:30	PILATES WITH ADAM

SATURDAY

8:30-9.25	CIRCUITS WITH JOSH
9.30-10.15	PILATES WITH ELISA
10.30-11.15	YOGA WITH ELISA

SUNDAY

10.00-11.00	YOGALATES WITH KIT
10.30-11.30	WOMENS SQUASH
11.00-12.00	PILATES WITH KIT

HOLISTIC

SPIN

HIGH ENERGY