

CLASS TIMETABLE

FROM APRIL 2024

MONDAY

CLASS	TIME	LOCATION	INSTRUCTOR
HYRIG COMBAT	06.15-07.00	HYRIG	Rich
Indoor Cycle	06.30-07.15	Cycle Studio	Will
Fiitzone	07.15-08.00	HYRIG	Club Coach
Pilates	08.00-08.55	Wellness	Janet
Pilates	09.15-10.10	Wellness	Janet
Indoor Cycle	09.30-10.15	Cycle Studio	Will
HYRIG COMBAT	09.45-10.30	HYRIG	Charlie
Body Pump	10.00-10.55	Dance Studio	Charlene
Zumba	11.00-11.45	Dance Studio	Lucy
Fiitzone	12.30-1.15	HYRIG	Club Coach
HYRIG COMBAT	17.45-18.15	HYRIG	Rich
Circuits	18.00-19.00	Dance Studio	Lucy
Indoor Cycle	18.15-19.00	Cycle Studio	Charlie
Yoga Vinyasa	18.30-19.30	Wellness	Francine
Fiitzone	19.00-19.45	HYRIG	Club Coach
Zumba	19.10-19.55	Dance Studio	Lucy

TUESDAY

HYRIG HYROX	06.30-7.20	HYRIG	Charlie
Yoga Sunrise	07.00-08.00	Wellness	Francine
Fiitzone	07.30-08.15	HYRIG	Club Coach
Pilates	09.15-10.15	Wellness	Zoe Hall
Kettlebells	09.15-10.00	HYRIG	Matt
Indoor cycle	09.30-10.15	Cycle Studio	Simon
LBT	10.00-10.55	Dance Studio	Sharon
Fiitzone	10.15-11.00	HYRIG	Club Coach
Body Combat	11.00-11.50	Dance Studio	Debbie
Pilates Barre	12.30-1.30	Wellness	Stacey B
HYROX	12.30-13.15	HYRIG	Sarah
LBT HiIT	18.00-18.50	Dance Studio	Charlie
Indoor cycle	18.15-19.00	Cycle Studio	Lucy

HYRIG HYROX	18.30-19.20	HYRIG	Matt
YOGA HATHA	1900-2000	Wellness	Nicole
Fiitzone	19.30-20.15	HYRIG	Club Coach

WEDNESDAY

HYRIG Build	06.15-0700	HYRIG	Rich
Indoor Cycle	0700-0745	Cycle Studio	Charlie
Fiitzone	07.15-0800	HYRIG	Club Coach
ZUMBA	09.30-10.15	Dance Studio	Lucy
Yoga Vinyasa	09.45-10.45	Wellness	Lucie Jenner
Indoor Cycle	09.45-10.30	Cycle Studio	Emma
Fiitzone	10.30-11.15	HYRIG	Club Coach
LBT	10.30-11.15	Dance Studio	Lucy
Body Pump	11.15-12.15	Dance Studio	Emma
Fiitzone	12.30-13.15	HYRIG	Club Coach
YOGA Hatha	17.30-18.30	Wellness	Sarah Wheeler
Body Pump	1800-18.55	Dance Studio	Chrissy
Indoor Cycle	18.15-1900	Cycle Studio	Lucy
HYRIG Build	18.15-19.10	HYRIG	Rich
Zumba	19.10-2000	Dance Studio	Kyra
Pilates for Strength	19.15-20.10	Wellness	David Slater

THURSDAY

HYRIG Combat	06.15-07.00	HYRIG	Zby
YOGA Sunrise	0700-0800	Wellness	Francine
Fiitzone	07.30-08.15	HYRIG	Club Coach
Pilates	08.30-09.25	Wellness	David Slater
Zumba	09.30-10.15	Dance Studio	Lucy
Indoor Cycle	10.00-10.45	Cycle Studio	Emma
20/20/20	10.20-11.10	Dance Studio	Sharon
Yoga Vinyasa	11.15-12.15	Wellness	Nicole
Fiitzone	12.30-1.15	HYRIG	Club Coach
Yoga Vinyasa Flow	17.30-18.30	Wellness	Tabetha
Step Blast	17.15-18.05	Dance Studio	Helen
Kettlebells	1800-1900	HYRIG	Matt
Booty Band LBT	18.10-1900	Dance Studio	Helen
Pilates	1900-2000	Wellness	Francine
Indoor Cycle	1900-19.45	Cycle Studio	Charlie
HYRIG Combat	19.15-2000	HYRIG	TBC

FRIDAY

HYRIG HYROX	06.30-07.15	HYRIG	Zby
Indoor Cycle	07.00-07.45	Cycle Studio	Charlie
Fiitzone	07.30-08.15	HYRIG	Club Coach
Pilates	07.45-08.45	Wellness	Janet
Pilates	09.15-10.15	Wellness	Janet
Indoor Cycle	09.30-10.15	Cycle Studio	Simon
Fiitzone	10.30-11.15	HYRIG	Club Coach
Booty Band LBT	09.15-10.00	Dance Studio	Lucy
Latin Salsa	10.00-11.00	Dance Studio	Marta
Body Pump	11.20-12.15	Dance Studio	Janet
Yoga Vinyasa	12.30-1.30	Wellness	Zoe Hall
HYRIG HYROX	12.30-13.15	HYRIG	Zby
Yoga Vinyasa	17.30-18.30	Wellness	Lucie Jenner
HYRIG HYROX	17.45-18.30	HYRIG	Sarah
Indoor Cycle	18.00-18.45	Cycle Studio	Aaron

SATURDAY

HYRIG Build	08.30-09.15	HYRIG	Rich
Pilates	08.45-09.45	Wellness	Charlene
LBT Hiit	09.00-09.55	Dance Studio	Charlie
Fiitzone	10.30-11.15	HYRIG	Will
Body Pump	10.00-11.00	Dance Studio	Charlene
Indoor Cycle	10.15-11.00	Cycle Studio	Charlie
Yoga Hatha	10.30-11.30	Wellness	Maureen
Kettlebells	11.15-12.05	HYRIG	Will
Zumba	11.00-11.45	Dance Studio	Kyra

SUNDAY

HYRIG Build	09.00-09.45	HYRIG	Rich
Indoor Cycle	09.30-10.15	Cycle Studio	Will
LBT	09.45-10.45	Dance Studio	Helen
Yoga Vinyasa	10.00-11.00	Wellness	Nicole
Body Combat	10.45-11.45	Dance Studio	Rich