

WEEKLY TIMETABLE

From April 2022

SUPERSONIC

	TIME		CLASS	INSTRUCTOR	STUDIO
MONDAY	06:45	45 mins	Circuits	Fitness Team	Studio X
	09:30	55 mins	Dynamic Yoga	Sarah P	Studio Y/X
	17:30	45 mins	Super-Set	Fitness Team	Studio X
	17:30	45 mins	B @ The Barre	Rebecca	Studio Y
	18:30	55 mins	Yoga Pose	Jolanta	Studio Y/X

	TIME		CLASS	INSTRUCTOR	STUDIO
TUESDAY	06:45	45 mins	Box & HIIT	Fitness Team	Studio X
	07:45	45 mins	Super-Set	Fitness Team	Studio X
	10:30	55 mins	Vinyasa Yoga	Marci	Studio Y/X
	17:30	45 mins	Nurturing Yoga	Sarah P	Studio Y
	18:00	45 mins	Spin & Tone	Sarah C	Studio X
	18:30	45 mins	Barre Fitness	Steph	Studio Y

	TIME		CLASS	INSTRUCTOR	STUDIO
WEDNESDAY	06:45	45 mins	Super-Set	Fitness Team	Studio X
	10:30	55 mins	Pilates	Rebecca	Studio Y/X
	12:30	45 mins	Tone Up	Hayley	Studio X
	17:30	45 mins	Circuits	Fitness Team	Studio X
	17:30	45 mins	Sculpt & Tone	Tori	Studio Y
	18:30	55 mins	Zen Yoga	Becs	Studio X

	TIME		CLASS	INSTRUCTOR	STUDIO
THURSDAY	06:45	45 mins	Spin	Charlotte	Studio X
	08:30	45 mins	Rig Training	Fitness Team	Gym
	09:30	45 mins	B @ The Barre	Rebecca	Studio Y
	12:30	45 mins	Pilates	Rebecca	Studio Y/X
	17:30	45 mins	Yoga Pose	Jolanta	Studio Y
	17:45	45 mins	Box & HIIT	Fitness Team	Studio X
	18:30	45 mins	Barre Fitness	Steph	Studio Y

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	TIME		CLASS	INSTRUCTOR	STUDIO
FRIDAY	06:45	45 mins	Circuits	Fitness Team	Studio X
	07:45	45 mins	Vinyasa Yoga	Rebecca	Studio Y/X
	12:30	30 mins	Spin	Charlotte	Studio X
	17:30	45 mins	Rig Training	Fitness Team	Gym
	17:30	45 mins	Dynamic Yoga	Sarah P	Studio Y/X
	18:30	45 mins	Nurturing Flow	Sarah P	Studio Y/X

	TIME		CLASS	INSTRUCTOR	STUDIO
SATURDAY	08:30	45 mins	Vinyasa Yoga	Fitness Team	Studio Y/X
	09:30	45 mins	Super-Set	Fitness Team	Studio X
	09:30	45 mins	Sculpt & Tone	Tori	Studio Y

	TIME		CLASS	INSTRUCTOR	STUDIO
SUNDAY	08:30	45 mins	Spin	Steph	Studio X
	09:30	45 mins	Box & HIIT	Fitness Team	Studio X
	11:00	55 mins	Dynamic Yoga	Victoria	Studio Y/X
	12:30	55 mins	Relax & Stretch Yoga	Jolanta	Studio Y/X

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