

WEEKLY TIMETABLE

From January 2022

SUPERSONIC

| | TIME | | CLASS | INSTRUCTOR | STUDIO |
|------------------|-------|---------|--------------------|--------------|--------------|
| MONDAY | 06:45 | 45 mins | Circuits | Fitness Team | Studio X/Gym |
| | 09:30 | 45 mins | Rig Training | Fitness Team | Gym |
| | 09:30 | 55 mins | Dynamic Yoga | Sarah P | Studio Y |
| | 12:30 | 45 mins | HIIT & Core | Fitness Team | Studio 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 X |
| | TIME | | CLASS | INSTRUCTOR | STUDIO |
| TUESDAY | 06:45 | 45 mins | HIIT & Core | Fitness Team | Studio X/Gym |
| | 10:30 | 55 mins | Vinyasa Yoga | Marci | Studio X |
| | 12:30 | 45 mins | Barre Tone | Charlotte | Studio Y |
| | 17:30 | 45 mins | Spin | Charlotte | Studio X/Gym |
| | 17:30 | 45 mins | Nurturing Yoga | Sarah P | Studio Y |
| | 18:30 | 45 mins | Barre Fitness | Steph | Studio Y |
| | TIME | | CLASS | INSTRUCTOR | STUDIO |
| WEDNESDAY | 06:45 | 45 mins | Super-Set | Fitness Team | Studio X |
| | 09:30 | 45 mins | Step HIIT | Hayley | Studio X |
| | 10:30 | 55 mins | Pilates | Rebecca | Studio Y |
| | 12:30 | 45 mins | Rig Training | Fitness Team | Gym |
| | 17:30 | 45 mins | Circuits | Fitness Team | Studio X/Gym |
| | 17:30 | 45 mins | Barre Conditioning | Sarah | Studio Y |
| | 18:30 | 55 mins | Pilates | Sarah | Studio X |
| | 18:30 | 55 mins | Zen Yoga | Becs | Studio Y |
| | TIME | | CLASS | INSTRUCTOR | STUDIO |
| THURSDAY | 06:45 | 45 mins | Spin | Charlotte | Studio X |
| | 09:30 | 45 mins | B @ The Barre | Rebecca | Studio Y |
| | 10:30 | 45 mins | Rig Training | Fitness Team | Gym |
| | 12:30 | 45 mins | Pilates | Rebecca | Studio Y |
| | 17:30 | 45 mins | HIIT & Core | Fitness Team | Studio X/Gym |
| | 17:30 | 45 mins | Yoga Pose | Jolanta | Studio Y |
| | 18:30 | 45 mins | Barre Fitness | Steph | Studio Y |

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| | TIME | | CLASS | INSTRUCTOR | STUDIO |
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| FRIDAY | 06:45 | 45 mins | Circuits | Fitness Team | Studio X/Gym |
| | 07:45 | 45 mins | Vinyasa Yoga | Rebecca | Studio Y |
| | 12:30 | 30 mins | Spin | Charlotte | Studio X |
| | 17:30 | 45 mins | Circuits | Fitness Team | Studio X |
| | 17:30 | 45 mins | Dynamic Yoga | Sarah P | Studio Y |
| | 18:30 | 45 mins | Nurturing Flow | Sarah P | Studio Y |
| | TIME | | CLASS | INSTRUCTOR | STUDIO |
| SATURDAY | 08:30 | 45 mins | Vinyasa Yoga | Rebecca | Studio X |
| | 09:30 | 45 mins | Super-Set | Fitness Team | Studio X |
| | 09:30 | 45 mins | B @ The Barre | Rebecca | Studio Y |
| | TIME | | CLASS | INSTRUCTOR | STUDIO |
| SUNDAY | 08:30 | 45 mins | Spin | Steph | Studio X |
| | 09:30 | 45 mins | Circuits | Fitness Team | Studio X/Gym |
| | 11:00 | 55 mins | Dynamic Yoga | Victoria | Studio X |
| | 15:30 | 55 mins | Relax & Stretch Yoga | Jolanta | Studio Y |

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