

# WEEKLY TIMETABLE

From July 2021

# SUPERSONIC

	TIME		CLASS	INSTRUCTOR	STUDIO
<b>MONDAY</b>	06:45	45 mins	Circuits	Fitness Team	Studio X/Gym
	12:30	45 mins	HIIT & Core	Fitness Team	Studio X/Gym
	17:30	45 mins	Super60X	Fitness Team	Studio X
	17:30	45 mins	Barre Conditioning	Sarah	Studio Y
	18:30	55 mins	Pilates	Sarah	Studio X

	TIME		CLASS	INSTRUCTOR	STUDIO
<b>TUESDAY</b>	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	Circuits	Fitness Team	Studio X/Gym
	17:30	45 mins	Meditation Yoga	Paige	Studio Y
	18:30	45 mins	Barre Fitness	Steph	Studio Y

	TIME		CLASS	INSTRUCTOR	STUDIO
<b>WEDNESDAY</b>	06:45	45 mins	Super60X	Fitness Team	Studio X
	12:30	45 mins	Circuits	Fitness Team	Studio X/Gym
	17:30	45 mins	HIIT & Core	Fitness Team	Studio X/Gym
	17:30	45 mins	Barre Conditioning	Sarah	Studio Y
	18:30	55 mins	Zen Yoga	Becs	Studio X

	TIME		CLASS	INSTRUCTOR	STUDIO
<b>THURSDAY</b>	06:45	45 mins	HIIT & Core	Fitness Team	Studio X/Gym
	12:30	45 mins	Pilates	Maddie	Studio Y
	17:30	45 mins	Circuits	Fitness Team	Studio X/Gym
	17:30	45 mins	Pilates	Maddie	Studio Y
	18:30	45 mins	Barre Fitness	Steph	Studio Y

	TIME		CLASS	INSTRUCTOR	STUDIO
<b>FRIDAY</b>	06:45	45 mins	Circuits	Fitness Team	Studio X/Gym
	07:30	45 mins	Vinyasa Yoga	Rebecca	Studio Y
	12:30	30 mins	Spin	Charlotte	Studio X
	17:30	45 mins	Super60X	Fitness Team	Studio X
	17:30	45 mins	Barre Tone	Charlotte	Studio Y

# WEEKLY TIMETABLE

From May 2021

# SUPERSONIC

	TIME		CLASS	INSTRUCTOR	STUDIO
SATURDAY	08:30	45 mins	Vinyasa Yoga	Rebecca	Studio X
	09:30	45 mins	HIIT & Core	Fitness Team	Studio X/Gym
	09:30	45 mins	Barre Tone	Charlotte	Studio Y
	TIME		CLASS	INSTRUCTOR	STUDIO
SUNDAY	08:30	45 mins	HIIT & Spin	Maddie	Studio X
	09:30	45 mins	Circuits	Fitness Team	Studio X/Gym
	11:00	55 mins	Dynamic Yoga	Victoria	Studio X

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