

WEEKLY TIMETABLE

From September 2021

SUPERSONIC

	TIME		CLASS	INSTRUCTOR	STUDIO
MONDAY	06:45	45 mins	Circuits	Fitness Team	Studio X/Gym
	12:30	45 mins	Box & HIIT	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
TUESDAY	06:45	45 mins	Box & HIIT	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	Nurturing Flow	Sarah	Studio Y
	18:30	45 mins	Barre Fitness	Steph	Studio Y

	TIME		CLASS	INSTRUCTOR	STUDIO
WEDNESDAY	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
THURSDAY	06:45	45 mins	HIIT & Core	Fitness Team	Studio X/Gym
	12:30	45 mins	Pilates	Maddie	Studio Y
	17:30	45 mins	Box & HIIT	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
FRIDAY	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 August 2021

SUPERSONIC

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

SUPERSONIC