

THE BODY TRAINING STUDIO



MONDAY

08.00 – 08.45	SPIN 45	
09.00 – 09.45	CORE & UPPERBODY ●	
10.00 – 11.00	POWER YOGA	
12.00 – 12.45	PILATES ●	
16.15 – 16.45	STRENGTH & TONE ●	
17.00 – 17.45	SPIN 45	
18.00 – 18.45	BODY PUMP ●	
19.00 – 19.45	BODY BALANCE	

WEDNESDAY

06.45 – 07.15	HIIT CARDIO	
08.00 – 08.45	KETTLEBELLS	
09.00 – 09.45	BODY BALANCE ●	
15.40 – 16.10	CORE 30 ●	
16.15 – 17.00	TOTAL STRENGTH	
17.15 – 18.15	SPIN 60	
18.30 – 19.15	BODY PUMP ●	
19.30 – 20.30	VINYASA YOGA	

FRIDAY

07.00 – 07.30	CIRCUITS	
08.00 – 08.30	SPIN 30	
09.00 – 09.45	SHIFT & LIFT ●	
10.00 – 10.45	BODY PUMP ●	
11.45 – 12.45	VINYASA YOGA	
13.00 – 14.00	SLOW FLOW	
16.15 – 16.45	SPIN 30	
17.00 – 17.45	BODY PUMP ●	
18.00 – 18.45	BODY BALANCE ●	



Cardio



Strength



Holistic



In-Studio



Also on Zoom

TUESDAY

06.45 – 07.15	SPIN 30	
08.00 – 08.45	CORE 45 ●	
09.00 – 09.45	TOTAL BODY	
12.00 – 12.45	PILATES ●	
17.15 – 18.00	KETTLEBELLS	
18.15 – 19.00	DANCE FIT ●	
19.15 – 20.15	FUSION YOGA	

THURSDAY

06.45 – 07.15	HIIT STRENGTH	
08.00 – 08.45	SPIN 45	
09.00 – 09.45	MORNING STRETCH ●	
14.30 – 15.15	SENIOR FITNESS	
17.30 – 18.15	HIIT CARDIO	
18.30 – 19.00	BEGINNER SPIN	
19.15 – 20.00	PILATES ●	

SATURDAY

08.00 – 08.45	BODY PUMP ●	
09.00 – 09.45	SPIN 45	
10.00 – 10.45	MORNING STRETCH ●	

SUNDAY

09.00 – 09.45	BODY PUMP ●	
10.00 – 10.45	DANCE FIT	



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