



CLASS SCHEDULE

(AUGUST 2021)

MONDAY

06.30 – 07.00 **LESMILLS GRIT** with Suzanne
08.45 – 09.00 **EXPRESS ABS** with Hannah
09.15 – 10.00 **RIDE STUDIO CYCLING** with Marianna
09.15 – 10.15 **SHED FiIT** with Sean
10.15 – 11.00 **BODY CONDITIONING** with Marianna
11.30 – 12.30 **PILATES** with Emma
17.00 – 17.45 **WORKSHOP**
18.00 – 18.45 **RIDE STUDIO CYCLING** with Spencer
19.00 – 19.45 **LEGS, BUMS & TUMS** with Anne-Marie
20.00 – 21.00 **YOGA** with Esther

TUESDAY

08.15 – 09.00 **SHAPE & TONE** with Anne-Marie
09.15 – 10.00 **FIELD FiIT** with Conor
09.15 – 10.00 **LESMILLS BODYCOMBAT** with Marianna
10.00 – 11.00 **SHED FiIT** with Kelly
10.15 – 11.00 **LESMILLS BODYBALANCE** with Marianna
18.00 – 18.45 **LESMILLS BODYPUMP** with Kathy
18.00 – 19.00 **SHED FiIT** with Sam
19.00 – 19.45 **LESMILLS BODYCOMBAT** with Marianna

WEDNESDAY

06.15 – 07.00 **RIDE STUDIO CYCLING** with Hannah
09.15 – 10.00 **LESMILLS BODYPUMP** with Sarah
09.15 – 10.00 **FIELD FiIT** with Kelly
10.15 – 11.00 **ZUMBA** with Sarah
11.15 – 12.00 **KICKSTART FITNESS** with Sarah
18.00 – 18.45 **LESMILLS BODYATTACK** with Suzanne
18.00 – 19.00 **SHED FiIT** with Jack
19.00 – 19.45 **LESMILLS BODYBALANCE** with Suzanne
20.00 – 21.00 **CIRCUITS** with Sean

THURSDAY

08.15 – 09.00 **LEGS, BUM & TUMS** with Anne-Marie
09.15 – 10.00 **RIDE STUDIO CYCLING** with Spencer
10.00 – 11.00 **SHED FiIT** with Hannah
10.15 – 11.15 **GENTLE YOGA** with Liza
11.30 – 12.30 **PILATES** with Emma
18.00 – 18.45 **LESMILLS BODYPUMP** with Bex
19.00 – 19.45 **RIDE STUDIO CYCLING** with Bex

FRIDAY

06.30 – 07.00 **LESMILLS GRIT** with Suzanne
08.45 – 09.00 **EXPRESS ABS** with Kelly
09.15 – 10.00 **RIDE STUDIO CYCLING** with Hannah
09.15 – 10.15 **SHED FiIT** with Kelly
10.15 – 11.00 **LESMILLS BODYPUMP** with Paul
18.00 – 19.00 **SHED FiIT** with Sean

SATURDAY

07.45 – 08.30 **RIDE STUDIO CYCLING** with Stephen
08.45 – 09.45 **LESMILLS BODYPUMP** with Bex
09.00 – 10.00 **SHED FiIT** with Jack

SUNDAY

08.45 – 09.30 **RIDE STUDIO CYCLING** with Stephen
09.45 – 10.30 **LESMILLS BODYATTACK** with Suzanne
10.00 – 11.00 **SHED FiIT** with Sean
10.45 – 11.45 **LESMILLS BODYBALANCE** with Suzanne

**DOWNLOAD THE BARN APP ON THE APP STORE OR
GOOGLE PLAY TO BOOK YOUR CLASSES ON THE GO**



**ALL STUDIO CLASSES ARE LIVE STREAMED SO YOU CAN
JOIN IN FROM HOME**