



The Barn Class Timetable

Monday

6.15am – 7am	HiiT 3	Sharon	Hut Studio
9am – 9.15am	Express Abs	Hannah	Barn Studio
9.15am – 10am	Spin	Marianna	Barn Studio
9.15am – 10.15am	CIRCiT	Sharon	Hut Studio
10am – 11am	Total Body Conditioning	Marianna	Barn Studio
11.15am – 12.15pm	Studio Pilates	Emma	Barn Studio
12.30pm – 1.30pm	Hatha Yoga	Claire	Barn Studio
5.30pm – 6pm	Bodyweight HiiT	Sharon	Barn Studio
6pm – 7pm	CIRCiT	Nancy	Hut Studio
6.15pm – 7.15pm	BodyCombat	Sarah	Barn Studio
7.15pm – 8.15pm	Legs, Bums & Tums	Sharon	Barn Studio
7.15pm – 8.15pm	HiiT 3	Nancy	Hut Studio
8.15pm – 9.15pm	Fitness Yoga	Claire	Barn Studio

Tuesday

6.30am – 7am	Bodyweight HiiT	Sharon	Barn Studio
9am – 9.15am	Express Abs	Kelly	Barn Studio
9.15am – 10am	Spin	H	Barn Studio
9.15am – 10.15am	HiiT 3	Conor	Hut Studio
10am – 11am	Core & Conditioning	Amy	Barn Studio
11am – 12noon	BodyBalance	Marianna	Barn Studio
5.15am – 5.45pm	Kettlebells	Conor	Barn Studio
5.45pm – 6.15pm	30 Minute Abs	Conor	Barn Studio
6pm – 7pm	HiiT 3	Sharon	Hut Studio
6.15pm – 7pm	Spin	Sarah	Barn Studio
7.15pm – 8pm	BodyPump	Sarah	Barn Studio
7.15pm – 8.15pm	CIRCiT	Sharon	Hut Studio
8pm – 9pm	NEW CLASS TBC		Barn Studio

Wednesday

6.15am – 7am	HiiT 3	Amy	Hut Studio
9.15am – 10am	BodyCombat	Sarah	Barn Studio
10am – 11am	HiiT 3	Nancy	Hut Studio
10.15am – 11am	BodyPump	Sharon	Barn Studio
11.15am – 12.15pm	Studio Pilates	Emma	Barn Studio
1pm – 1.45pm	HiiT 3	Nancy	Hut Studio
5.15pm – 6pm	Spin	Sarah	Barn Studio
6pm – 7pm	BodyAttack	Suzanne	Barn Studio
6pm – 7pm	HiiT 3	Jack	Hut Studio
7pm – 8pm	BodyBalance	Suzanne	Barn Studio
8pm – 9pm	Circuits	Conor	Barn Studio

Thursday

6.15am – 7am	Spin	Hannah	Barn Studio
8.15am 9am	Pure Tone	Debs	Barn Studio
9.15am – 10am	Spin	Karen	Barn Studio
9.15am – 10.15am	HiiT 3	Conor	Hut Studio
10am – 11am	BodyAttack	Sharon	Barn Studio
11am – 12noon	Kickstart Fitness	Lou / Jacqui	Barn Studio
12noon – 1pm	Studio Pilates	Emma	Barn Studio
5.15pm – 6pm	Legs, Bums & Tums	Sharon	Barn Studio
6pm – 7pm	HiiT 3	Hannah	Hut Studio
6.15pm – 7pm	BodyPump	Sharon	Barn Studio
7.15pm – 8pm	Spin	Stephen	Barn Studio
8pm – 9pm	Fitness Yoga	Claire	Barn Studio

Friday

6.15am – 7am	CIRCiIT	Sharon	Hut Studio
9.15am – 10am	Pure Tone	Debs	Barn Studio
9.15am – 10.15am	HiiT 3	Hannah	Hut Studio
10am – 10.45am	Spin	Sarah	Barn Studio
10.45am – 11.30am	BodyPump	Sarah	Barn Studio
11.45am – 12.45pm	Fitness Yoga	Claire	Barn Studio
6pm – 6.45pm	NEW CLASS TBC	Sean	Barn Studio
6pm – 7pm	CIRCiIT	Conor	Hut Studio

Saturday

7.45am – 8.30am	Spin	Stephen	Barn Studio
8.30am – 9.15am	BodyPump	Sarah	Barn Studio
9am – 10am	HiiT 3	Jack	Hut Studio
9.45am – 10.45am	Circuits	Amy	Barn Studio

Sunday

8.45am – 9.30am	Spin	Stephen	Barn Studio
9.30am – 10.30am	BodyAttack	Suzanne	Barn Studio
10.30am – 11.30am	BodyBalance	Suzanne	Barn Studio

BOOK CLASSES, GET THE MOST UP TO DATE TIMETABLE AND CLASS DESCRIPTIONS WITH THE BARN APP

