

CLASS TIMETABLE

FROM 13TH JANUARY 2025

MONDAY

CLASS	TIME	LOCATION	INSTRUCTOR
HYROX	06.15-07.00	HYRIG	Club Coach
Indoor Cycle	07.00-07.45	Cycle Studio	Jess
Pilates	08.00-08.55	Wellness	Charlene
Pilates	09.15-10.10	Wellness	Charlene
HYRIG COMBAT	09.45-10.30	HYRIG	Charlie
Body Pump	10.00-10.55	Dance Studio	Jess
Zumba	11.00-11.45	Dance Studio	Lucy
Forever Young Over 60s	12.30-13.15	Dance Studio	Alli
HYROX Strength	17.45-18.30	HYRIG	Club Coach
Circuits	18.00-19.00	Dance Studio	Lucy
Indoor Cycle	18.15-19.00	Cycle Studio	Charlie
Yoga Vinyasa	18.30-19.30	Wellness	Francine
HYRIG TRX/HiiT	19.00-19.45	HYRIG	Club Coach
Zumba	19.10-19.55	Dance Studio	Lucy

TUESDAY

HYRIG HYROX	06.30-07.20	HYRIG	Charlie
Yoga Sunrise	07.00-08.00	Wellness	Francine
TRX Core Strength	07.45-08.15	HYRIG	Charlie
Pilates	09.15-10.15	Wellness	Zoe Hall
Kettlebells	09.15-10.00	HYRIG	Matt
Indoor Cycle	09.30-10.15	Cycle Studio	Simon
LBT	10.00-10.55	Dance Studio	Sharon
TRX Core Strength	10.15-10.45	HYRIG	Club Coach
Body Combat	11.00-11.50	Dance Studio	Bea
Pilates Barre	12.30-13.30	Wellness	Stacey B
HYRIG BUILD	12.30-13.15	HYRIG	Jess
HYRIG HYROX	17.45-18.35	HYRIG	Matt
LBT HiiT	18.00-18.50	Dance Studio	Charlie
Indoor Cycle	18.15-19.00	Cycle Studio	Lucy
HYRIG HYROX	18.45-19.30	HYRIG	Club Coach
Yoga Hatha	19.00-20.00	Wellness	Nicole
Body Pump	19.10-19.45	Dance Studio	Bea

WEDNESDAY

HYRIG BUILD	06.20-7.10	HYRIG	Scott
Indoor Cycle	07.00-07.45	Cycle Studio	Charlie
HYRIG HiiT	09.30-10.15	HYRIG	Scott
Zumba	09.30-10.15	Dance Studio	Lucy
Yoga Vinyasa	09.45-10.45	Wellness	Lucie Jenner
Indoor Cycle	09.45-10.30	Cycle Studio	Emma
LBT	10.20-11.05	Dance Studio	Helen
TRX Core Strength	10.40-11.10	HYRIG	Agnes
Body Pump	11.30 - 12.15	Dance Studio	Emma
Circuits	12.30-13.15	Dance Studio	Club Coach
Yoga Hatha	17.30-18.30	Wellness	Sarah Wheeler
Body Pump	18.00-18.55	Dance Studio	Chrissy
Indoor Cycle	18.15-19.00	Cycle Studio	Lucy
HYRIG BUILD	18.15-19.10	HYRIG	Club Coach
Zumba	19.00-19.50	Dance Studio	Charlie
Pilates for Strength	19.15-20.10	Wellness	David Slater

THURSDAY

HYRIG HiiT	06.30-07.15	HYRIG	Club Coach
Yoga Sunrise	07.00-08.00	Wellness	Francine
TRX Core Strength	07.30-08.00	HYRIG	Club Coach
Pilates	08.30-09.30	Wellness	Francine
Zumba	09.30-10.15	Dance Studio	Lucy
Indoor Cycle	10.00-10.45	Cycle Studio	Emma
Yoga Vinyasa	10.15-11.15	Wellness	Nicole
20/20/20	10.20-11.10	Dance Studio	Sharon
TRX Core Strength	10.40-11.10	HYRIG	Club Coach
Yoga Vinyasa Flow	17.30-18.30	Wellness	Susan
Step Blast	17.15-18.05	Dance Studio	Helen
Kettlebells	18.00-19.00	HYRIG	Matt
Booty Band LBT	18.10-19.00	Dance Studio	Helen
Pilates	19.00-20.00	Wellness	Francine
Indoor Cycle	19.00-19.45	Cycle Studio	Charlie
HYRIG TRX/HiiT	19.15-20.00	HYRIG	Club Coach

FRIDAY

HYRIG HYROX	06.30-07.15	HYRIG	Josh
Indoor Cycle	07.00-07.45	Cycle Studio	Charlie
Pilates	08.00-09.00	Wellness	Janet
Indoor Cycle	08.30-09.15	Cycle Studio	Simon
Body Conditioning	09.15-10.00	Dance Studio	Emma
Indoor Cycle	09.30-10.15	Cycle Studio	Simon
Latin Salsa	10.00-11.00	Dance Studio	Marta
TRX Core Strength	10.40-11.15	HYRIG	Club Coach
Body Pump	11.20-12.15	Dance Studio	Janet
Yoga Vinyasa	12.30-1.30	Wellness	Zoe Hall
HYRIG HYROX	12.30-13.15	HYRIG	Scott
Yoga Vinyasa	17.30-18.30	Wellness	Lucie Jenner
HYRIG HYROX	17.45-18.30	HYRIG	Club Coach
Indoor Cycle	18.00-18.45	Cycle Studio	Jess

SATURDAY

HYRIG BUILD	08.00-08.45	HYRIG	Club Coach
Pilates	08.45-09.45	Wellness	Charlene
LBT HiIT	08.30-09.25	Dance Studio	Charlie
HYROX ENGINE	09.10-10.45	HYRIG	Club Coach
Body Pump	10.00-11.00	Dance Studio	Charlene
Indoor Cycle	10.00-10.45	Cycle Studio	Charlie
Yoga Hatha	10.30-11.30	Wellness	Maureen
Kettlebells	11.15-12.05	HYRIG	Will
Zumba	11.00-11.45	Dance Studio	Emily

SUNDAY

HYRIG BUILD	08.30-09.20	HYRIG	Club Coach
Indoor Cycle	09.30-10.15	Cycle Studio	Will
LBT	09.45-10.45	Dance Studio	Helen
Yoga Vinyasa	10.00-11.00	Wellness	Nicole
Body Combat	10.45-11.30	Dance Studio	Nathan