

ALL STUDIOS AND POOL TIMETABLE

Tier 3 Timetable

20 min 1on1 Xpress

Please note these 1on1 sessions can only be booked through reception only one class per discipline to allow fair use to all members

MONDAY 21st

TIME CLASS STUDIO INST LEVEL

Home Match Day

TUESDAY 22nd

TIME CLASS STUDIO INST LEVEL

09:00 – 09:20 **	Reformer - 20	Reformer	Rene	All
09:20 – 09:40 **	Reformer - 20	Reformer	Rene	All
09:00 – 10:00 **	Reformer - 20	Reformer	Rene	All
09:00 – 09:20	Hatha - 20	Peace	Sara	All
09:20 – 09:40	Hatha - 20	Peace	Sara	All
09:40 – 10:00	Hatha - 20	Peace	Sara	All
09:30 – 09:50	Cycle – 20	Power	Tanya	Adv
09:50 – 10:10	Cycle – 20	Power	Tanya	Adv
10:10 – 10:30	Cycle – 20	Power	Tanya	Adv
10:15 – 10:35**	Reformer - 20	Reformer	Rene	All
10:35 – 10:55**	Reformer - 20	Reformer	Rene	All
10:55 – 11:15**	Reformer - 20	Reformer	Rene	All
11:30 – 11:50**	Reformer - 20	Reformer	Rene	All
11:50 – 12:10**	Reformer - 20	Reformer	Rene	All
12:10 – 12:30**	Reformer - 20	Reformer	Rene	All
12:30 – 12:50	WOD - 20	Power	Kay	All
12:50 – 13:10	WOD - 20	Power	Kay	All
13:10 – 13:30	WOD - 20	Power	Kay	All
18:00 – 18:20	Mat Pilates- 20	Peace	Aga	All
18:20 – 18:40	Mat Pilates- 20	Peace	Aga	All
18:40 – 19:00	Mat Pilates- 20	Peace	Aga	All
18:30 – 18:50	WOD - 20	Power	Kay	All
18:50 – 19:10	WOD - 20	Power	Kay	All
19:10 – 19:30	WOD - 20	Power	Kay	All
19:30 – 19:50**	Reformer - 20	Reformer	Aga	All
19:50 – 20:10**	Reformer - 20	Reformer	Aga	All
20:10 – 20:30**	Reformer - 20	Reformer	Aga	All

WEDNESDAY 23rd

TIME CLASS STUDIO INST LEVEL

07.15 – 07.35	WOD - 20	Power	Jason	All
07.35 – 07.55	WOD - 20	Power	Jason	All
07.55 – 08.15	WOD - 20	Power	Jason	All
09.00 – 09.20	Mat Pilates- 20	Peace	Lida	All
09.20 – 09.40	Mat Pilates- 20	Peace	Lida	All
09.40 – 10.00	Mat Pilates- 20	Peace	Lida	All
09:00 – 09:20	WOD - 20	Power	Kay	All
09:20 – 09:40	WOD - 20	Power	Kay	All
09:40 – 10:00	WOD - 20	Power	Kay	All
09:00 – 09:20 **	Reformer - 20	Reformer	Aga	All
09:20 – 09:40 **	Reformer - 20	Reformer	Aga	All
09:00 – 10:00 **	Reformer - 20	Reformer	Aga	All
10.15 – 10.35	WOD - 20	Power	Jason	Adv
10.35 – 10.55	WOD - 20	Power	Jason	Adv
10.55 – 11.15	WOD - 20	Power	Jason	Adv
10.15 – 10.35**	Reformer - 20	Reformer	Aga	All
10.35 – 10.55**	Reformer - 20	Reformer	Aga	All
10.55 – 11.15**	Reformer - 20	Reformer	Aga	All
10.30 – 10.50	Hatha - 20	Peace	Sara	All
10.50 – 11.10	Hatha - 20	Peace	Sara	All
11.10 – 11.30	Hatha - 20	Peace	Sara	All
11:45 – 12:05	Vinyasa - 20	Peace	Sara	All
12:05 – 12:25	Vinyasa - 20	Peace	Sara	All
12:25 – 12:45	Vinyasa - 20	Peace	Sara	All
11.30 – 11.50**	Reformer - 20	Reformer	Aga	All
11.50 – 12.10**	Reformer - 20	Reformer	Aga	All
12.10 – 12.30**	Reformer - 20	Reformer	Aga	All
12.30 – 12.50	Cycle – 20	Power	Pauw	All
12.50 – 13.10	Cycle – 20	Power	Pauw	All
13.10 – 13.30	Cycle – 20	Power	Pauw	All
17.15 – 17.35	WOD -20	Power	Gonzalo	All
17.35 – 17.55	WOD -20	Power	Gonzalo	All
17.55 – 18.15	WOD -20	Power	Gonzalo	All
18.15 – 18.35	WOD - 20	Power	Tanya	All
18.35 – 18.55	WOD - 20	Power	Tanya	All
18.55 – 19.15	WOD - 20	Power	Tanya	All
18.30 – 18.50**	Reformer - 20	Reformer	Ivana	All
18.50 – 19.10**	Reformer - 20	Reformer	Ivana	All
19.10 – 19.30**	Reformer - 20	Reformer	Ivana	All
19.45 – 20.05**	Reformer - 20	Reformer	Ivana	All
20.05 – 20.25**	Reformer - 20	Reformer	Ivana	All
20.25 – 20.45**	Reformer - 20	Reformer	Ivana	All

THURSDAY 24th

TIME	CLASS	STUDIO	INST	LEVEL
07.15 – 07.35	WOD - 20	Power	Kay	All
07.35 – 07.55	WOD - 20	Power	Kay	All
07.55 – 08.15	WOD - 20	Power	Kay	All
09.00 – 09.20	Mat Pilates	Peace	Tanya	All
09.20 – 09.40	Mat Pilates	Peace	Tanya	All
09.40 – 10.00	Mat Pilates	Peace	Tanya	All
09.15 – 9.35	WOD - 20	Power	Rene	All
09.35 – 9.55	WOD - 20	Power	Rene	All
09.55 – 10.15	WOD - 20	Power	Rene	All
09.00 – 09.20 **	Reformer - 20	Reformer	Lucy	All
09.20 – 09.40 **	Reformer - 20	Reformer	Lucy	All
09.40 – 10.00 **	Reformer - 20	Reformer	Lucy	All
10.15 – 10.35**	Reformer - 20	Reformer	Lucy	All
10.35 – 10.55**	Reformer - 20	Reformer	Lucy	All
10.55 – 11.15**	Reformer - 20	Reformer	Lucy	All
10.15 – 10.35	Cycle – 20	Power	Rene	All
10.35 – 10.55	Cycle – 20	Power	Rene	All
10.55 – 11.15	Cycle – 20	Power	Rene	All
10.30 – 10.50	Mat Pilates- 20	Peace	Marilena	All
10.50 – 11.10	Mat Pilates- 20	Peace	Marilena	All
11.10 – 11.30	Mat Pilates- 20	Peace	Marilena	All
11.30 – 11.50**	Reformer - 20	Reformer	Lucy	All
11.50 – 12.10**	Reformer - 20	Reformer	Lucy	All
12.10 – 12.30**	Reformer - 20	Reformer	Lucy	All
11.45 – 12.05	Mat Pilates- 20	Peace	Marilena	All
12.05 – 12.25	Mat Pilates- 20	Peace	Marilena	All
12.25 – 12.45	Mat Pilates- 20	Peace	Marilena	All
12.00 – 12.20	WOD - 20	Power	Team	All
12.20 – 12.40	WOD - 20	Power	Team	All
12.40 – 13.00	WOD - 20	Power	Team	All

FRIDAY 25th

TIME CLASS STUDIO INST LEVEL

Merry Christmas

SATURDAY 26th

Boxing Day

SUNDAY 27th

TIME	CLASS	STUDIO	INST	LEVEL
10.00 – 10.20	Cycle – 20	Power	Tanya	All
10.20 – 10.40	Cycle – 20	Power	Tanya	All
10.40 – 11.00	Cycle – 20	Power	Tanya	All
11.00 – 11.20	WOD – 20	Power	Tanya	All
11.20c– 11.40	WOD – 20	Power	Tanya	All
11.40 – 12.00	WOD – 20	Power	Tanya	All
11.30 – 11.50	Mat Pilates- 20	Peace	Aga	All
11.50 – 12.10	Mat Pilates- 20	Peace	Aga	All
12.10 – 12.30	Mat Pilates- 20	Peace	Aga	All

MONDAY 28th

Home Match Day

TUESDAY 29th

TIME	CLASS	STUDIO	INST	LEVEL
09:00 – 09:20 **	Reformer - 20	Reformer	Rene	All
09:20 – 09:40 **	Reformer - 20	Reformer	Rene	All
09:00 – 10:00 **	Reformer - 20	Reformer	Rene	All
09:00 – 09:20	Hatha - 20	Peace	Sara	All
09:20 – 09:40	Hatha - 20	Peace	Sara	All
09:40 – 10:00	Hatha - 20	Peace	Sara	All
09:30 – 09:50	Cycle – 20	Power	Tanya	Adv
09:50 – 10:10	Cycle – 20	Power	Tanya	Adv
10:10 – 10:30	Cycle – 20	Power	Tanya	Adv
10:15 – 10:35 **	Reformer - 20	Reformer	Rene	All
10:35 – 10:55 **	Reformer - 20	Reformer	Rene	All
10:55 – 11:15 **	Reformer - 20	Reformer	Rene	All
11:30 – 11:50 **	Reformer - 20	Reformer	Rene	All
11:50 – 12:10 **	Reformer - 20	Reformer	Rene	All
12:10 – 12:30 **	Reformer - 20	Reformer	Rene	All
12:30 – 12:50	WOD - 20	Power	Kay	All
12:50 – 13:10	WOD - 20	Power	Kay	All
13:10 – 13:30	WOD - 20	Power	Kay	All
18:00 – 18:20	Mat Pilates- 20	Peace	Aga	All
18:20 – 18:40	Mat Pilates- 20	Peace	Aga	All
18:40 – 19:00	Mat Pilates- 20	Peace	Aga	All
18:30 – 18:50	WOD - 20	Power	Kay	All
18:50 – 19:10	WOD - 20	Power	Kay	All
19:10 – 19:30	WOD - 20	Power	Kay	All
19:30 – 19:50 **	Reformer - 20	Reformer	Aga	All
19:50 – 20:10 **	Reformer - 20	Reformer	Aga	All
20:10 – 20:30 **	Reformer - 20	Reformer	Aga	All

THURSDAY 31st

TIME	CLASS	STUDIO	INST	LEVEL
07:15 – 07:35	WOD - 20	Power	Kay	All
07:35 – 07:55	WOD - 20	Power	Kay	All
07:55 – 08:15	WOD - 20	Power	Kay	All
09:00 – 09:20	Mat Pilates	Peace	Tanya	All
09:20 – 09:40	Mat Pilates	Peace	Tanya	All
09:40 – 10:00	Mat Pilates	Peace	Tanya	All
09:15 – 9:35	WOD - 20	Power	Rene	All
09:35 – 9:55	WOD - 20	Power	Rene	All
09:55 – 10:15	WOD - 20	Power	Rene	All
09:00 – 09:20 **	Reformer - 20	Reformer	Lucy	All
09:20 – 09:40 **	Reformer - 20	Reformer	Lucy	All
09:40 – 10:00 **	Reformer - 20	Reformer	Lucy	All
10:15 – 10:35 **	Reformer - 20	Reformer	Lucy	All
10:35 – 10:55 **	Reformer - 20	Reformer	Lucy	All
10:55 – 11:15 **	Reformer - 20	Reformer	Lucy	All
10:15 – 10:35	Cycle – 20	Power	Rene	All
10:35 – 10:55	Cycle – 20	Power	Rene	All
10:55 – 11:15	Cycle – 20	Power	Rene	All
10:30 – 10:50	Mat Pilates- 20	Peace	Marilena	All
10:50 – 11:10	Mat Pilates- 20	Peace	Marilena	All
11:10 – 11:30	Mat Pilates- 20	Peace	Marilena	All
11:30 – 11:50 **	Reformer - 20	Reformer	Lucy	All
11:50 – 12:10 **	Reformer - 20	Reformer	Lucy	All
12:10 – 12:30 **	Reformer - 20	Reformer	Lucy	All
11:45 – 12:05	Mat Pilates- 20	Peace	Marilena	All
12:05 – 12:25	Mat Pilates- 20	Peace	Marilena	All
12:25 – 12:45	Mat Pilates- 20	Peace	Marilena	All
12:00 – 12:20	WOD - 20	Power	Team	All
12:20 – 12:40	WOD - 20	Power	Team	All
12:40 – 13:00	WOD - 20	Power	Team	All

WEDNESDAY 30th

TIME	CLASS	STUDIO	INST	LEVEL
07:15 – 07:35	WOD - 20	Power	Jason	All
07:35 – 07:55	WOD - 20	Power	Jason	All
07:55 – 08:15	WOD - 20	Power	Jason	All
09:00 – 09:20	Mat Pilates- 20	Peace	Lida	All
09:20 – 09:40	Mat Pilates- 20	Peace	Lida	All
09:40 – 10:00	Mat Pilates- 20	Peace	Lida	All
09:00 – 09:20	WOD - 20	Power	Kay	All
09:20 – 09:40	WOD - 20	Power	Kay	All
09:40 – 10:00	WOD - 20	Power	Kay	All
09:00 – 09:20 **	Reformer - 20	Reformer	Aga	All
09:20 – 09:40 **	Reformer - 20	Reformer	Aga	All
09:00 – 10:00 **	Reformer - 20	Reformer	Aga	All
10:15 – 10:35	WOD - 20	Power	Jason	Adv
10:35 – 10:55	WOD - 20	Power	Jason	Adv
10:55 – 11:15	WOD - 20	Power	Jason	Adv
10:15 – 10:35 **	Reformer - 20	Reformer	Aga	All
10:35 – 10:55 **	Reformer - 20	Reformer	Aga	All
10:55 – 11:15 **	Reformer - 20	Reformer	Aga	All
10:30 – 10:50	Hatha - 20	Peace	Sara	All
10:50 – 11:10	Hatha - 20	Peace	Sara	All
11:10 – 11:30	Hatha - 20	Peace	Sara	All
11:45 – 12:05	Vinyasa - 20	Peace	Sara	All
12:05 – 12:25	Vinyasa - 20	Peace	Sara	All
12:25 – 12:45	Vinyasa - 20	Peace	Sara	All
11:30 – 11:50 **	Reformer - 20	Reformer	Aga	All
11:50 – 12:10 **	Reformer - 20	Reformer	Aga	All
12:10 – 12:30 **	Reformer - 20	Reformer	Aga	All
12:30 – 12:50	Cycle – 20	Power	Pauw	All
12:50 – 13:10	Cycle – 20	Power	Pauw	All
13:10 – 13:30	Cycle – 20	Power	Pauw	All
17:15 – 17:35	WOD - 20	Power	Gonzalo	All
17:35 – 17:55	WOD - 20	Power	Gonzalo	All
17:55 – 18:15	WOD - 20	Power	Gonzalo	All
18:15 – 18:35	WOD - 20	Power	Tanya	All
18:35 – 18:55	WOD - 20	Power	Tanya	All
18:55 – 19:15	WOD - 20	Power	Tanya	All
18:30 – 18:50 **	Reformer - 20	Reformer	Ivana	All
18:50 – 19:10 **	Reformer - 20	Reformer	Ivana	All
19:10 – 19:30 **	Reformer - 20	Reformer	Ivana	All
19:45 – 20:05 **	Reformer - 20	Reformer	Ivana	All
20:05 – 20:25 **	Reformer - 20	Reformer	Ivana	All
20:25 – 20:45 **	Reformer - 20	Reformer	Ivana	All