



WELLNESS PROGRAMME

SPRING TIMETABLE 2025

Monday	0815 - 0915	Tempo Circuits
	0930 - 1030	Strength & Conditioning
	1215 - 1300	Sculpt Pilates
Tuesday	0930 - 1030	Vinyasa Flow Yoga
	1215 - 1300	Slow Flow Yoga
	1700 - 1800	Sculpt Pilates
Wednesday	0815 - 0915	Group PT
	0930 - 1015	Tempo Circuits *
	0930 - 1030	Slow Flow Yoga*
	1215 - 1300	Tone & Define Barre
	1715 - 1815	Reset & Restore
Thursday	0730 - 0830	Gentle Mat Pilates
	0930 - 1015	Tone & Define Barre
	1715 - 1815	Tempo Circuits
	1830 - 1930	Strength & Conditioning
Friday	0815 - 0915	Vinyasa Flow Yoga
	0930 - 1015	Tempo Circuits
	1215 - 1300	Sculpt Pilates
Saturday	1015 - 1115	Vinyasa Flow Yoga
Sunday	0930 - 1030	Vinyasa Flow Yoga
	1030 - 1130	Rockbox

*Please note classes run concurrently