WELLNESS PROGRAMME

Autumn Timetable 2025

MONDAY	0815 - 0915	HIIT Circuits
	0930 - 1030	Group PT
	1215 - 1300	Sculpt Pilates
TUESDAY	0830 - 0930	Vinyasa Flow Yoga
	12.15 - 1300	Slow Flow Yoga
	1700 - 1800	Sculpt Pilates
WEDNESDAY	0815-0915	Group PT
	0930 - 1015	HIIT Circuits
	1215 - 1300	Barre
THURSDAY	0800 - 0900	Gentle Mat Barre
	0815 - 0915	Strength & Conditioning
FRIDAY	0815 - 0915	Vinyasa Flow Yoga
	0930 - 1015	Tempo Circuits
SATURDAY	0900 - 1000	Weekend Bootcamp
	1015 - 1115	Vinyasa Flow Yoga
SUNDAY	0915 - 1015	Vinyasa Flow Yoga
	1030 - 1130	Rockbox