

Marylebone

Class schedule

January / March

2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	07:00-07:30 Functional Area TRX Seb 07:30-08:15 Rig / Tread SWEAT X Seb 10:00-11:00 Bulstrode PILATES FIT Nicola	07:00-07:45 Treadmills SPEED FIENDS Callum 07:30-08:15 Bulstrode HATHA YOGA Vinna 08:00-08:45 Functional Area TOTAL WIPEOUT Callum	07:15-08:15 Cycle Space WATT BIKE TOUR RIDE Pauw 07:15-08:00 Functional Area CALISTHENICS Andrew 07:30-08:15 Bulstrode PURE REPS Gessica 10:30-11:15 Functional Area TOTAL WIPEOUT Luke	07:00-08:00 Bulstrode PILATES-FIT Darren 07:00-07:45 Rig / Tread SWEAT X Callum 07:30-08:15 Cycle Space WATT BIKE HILLS Pauw 08:00-08:45 Treadmill SPEED FIENDS Callum 09:00-10:00 Bulstrode YIN YOGA Vinna	06:45-07:30 Functional Area AFTERBURNER Michal 07:00-07:45 Cycle Space WATT BIKE HILLS Andrew 09:20-10:20 Bulstrode PILATES-FIT Nicola 10:20-11:15 Bulstrode BARRE BURN Esther	09:00-10:00 Bulstrode HATHA YOGA Ferdi 09:30-10:30 Pool CYCL' H2O Gessica 10:00-10:45 Bulstrode STRONG & SCULPTED Annelies 10:00 - 10:30 Functional Area TRX Seb 10:30 - 11:15 Rig / Tread SWEAT X Seb 11:00-11:45 Bulstrode STRONG & SCULPTED Annelies 11:30-12:15 Cycle Space WATT BIKE HIIT Seb 11:45-12:15 Treadmill SPEED FIENDS Annelies 12:15-13:00 Bulstrode PILATES-FIT Darren 14:30-15:30 Bulstrode BARRE BURN Craig 16:00-16:45 Functional Area AFTERBURNER Harry 17:00-18:00 Bulstrode VINYASA POWER YOGA Richard
	12:00 - 13:00 Bulstrode VINYASA YOGA Richard 12:15 - 13:00 Rig / Tread SWEAT X Michal 12:30-13:15 Cycle Space WATT BIKE HILLS Will 12:30-13:15 Pool SWIM CAMP Tom 13:00-13:45 Functional Area AFTERBURNER Michal 14:00-15:00 Bulstrode HATHA YOGA Ferdi 15:15 - 16:00 Bulstrode LEGS, GLUTES & ABS Julie	11:00 - 11:45 Bulstrode PURE REPS Lee 12:15 - 13:00 Cycle Space WATT BIKE HILLS Will 12:00-12:30 Rig / Tread SWEAT X Luke 12:00-13:00 Bulstrode VINYASA YOGA Ferdi 12:00 - 12:45 Functional Area KETTLEBELL Lee 13:15-14:00 Bulstrode BOXOLOGY Greg 13:30 - 14:15 Functional Area CALISTHENICS Andrew 15:00-15:45 Functional Area AFTERBURNER Andrew	12:15-13:00 Bulstrode LEGS, GLUTES & ABS Julie 12:30-13:15 Cycle Space WATT BIKE HIIT Pauw 12:30-13:15 Pool CYCL' H2O Gessica 12:45-13:30 Functional Area AFTERBURNER Luke 13:15-14:15 Bulstrode HATHA YOGA Vinna 13:30-14:15 Retro Gym AFTERBURNER Andrew	11:30-12:30 Functional Area TOTAL WIPEOUT James 12:00-12:45 Bulstrode BOXOLOGY Greg 12:30-13:15 Cycle Space WATT BIKE HIIT Pauw 12:30-13:00 Functional Area TRX Luke 13:00-14:00 Bulstrode ASHTANGA YOGA Mary 13:15-14:00 Rig / Tread SWEAT X Luke	11:15-12:00 Bulstrode PURE REPS Lee 12:15-13:00 Cycle Space WATT BIKE HIIT Will 12:05-12:50 Bulstrode LEGS, GLUTES & ABS Julie 12:30-13:15 Functional Area KETTLEBELL Lee 13:00-14:00 Bulstrode ROCKET YOGA Jonelle 13:15-14:00 Rig / Tread SWEAT X Luke 15:00-16:00 Bulstrode YIN YOGA Vinna	10:00-12:00 CHILDRENS POOL ACCESS 15:30-17:30 CHILDRENS POOL ACCESS
	18:10-19:10 Bulstrode VINYASSA YOGA Barbara 19:00 - 20:00 Cycle Space WATT BIKE TOUR RIDE Andrew 19:00-19:45 Rig / Tread SWEAT X Seb 18:00 - 18:45 Pool AQUA FIT Julie 19:30-20:15 Bulstrode AFTERBURNER Harry 20:00-21:00 Bulstrode PILATES-FIT Lori	18:10-19:10 Bulstrode HATHA YOGA Reanne 18:15-19:15 Cycle Space WATT BIKE TOUR RIDE Pauw 18:15 - 19:00 Functional Area TOTAL WIPEOUT Michal 19:00-20:00 Pool Cycl' H2O Gessica 19:00-19:30 Functional Area TRX Michal 19:30-20:30 Bulstrode STREET DANCE Fabio 19:30-20:30 Functional Area BARRE BURN Emily	18:00-18:45 Cycle Space WATT BIKE HILLS Luke 18:00-18:45 Bulstrode AQUA FIT Julie 18:00-19:00 Bulstrode BOXOLOGY Greg 19:00-19:45 Rig / Tread SWEAT X Luke 20:15-21:15 Bulstrode ROCKET YOGA Jonelle	17:30-18:25 Bulstrode PILATES-FIT Anthony 18:15-19:15 Cycle Space WATT BIKE TOUR RIDE Will 18:30-19:15 Bulstrode STRONG & SCULPTED Annelies 19:00-20:00 Pool CYCL' H2O Gessica 19:00-19:45 Functional Area AFTERBURNER Michal	17:00-17:45 Functional Area AFTERBURNER Luke 17:45-18:30 Bulstrode PILATES FIT John 18:00-18:30 Bulstrode TRX Luke 19:00-20:00 Bulstrode VINYASA YOGA Barbara	09:15-10:15 Bulstrode PILATES-FIT Lori 10:00-10:45 Rig / Tread SWEAT X Gillmar 10:30-11:30 Bulstrode HATHA YOGA David 11:00-11:45 Treadmill SPEED FIENDS Gillmar 14:45-16:00 Bulstrode VINYASA YOGA Jonelle 17:00-18:30 Bulstrode YIN YOGA Jonelle
						10:00-12:00 CHILDRENS POOL ACCESS 15:30-17:30 CHILDRENS POOL ACCESS