

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****STRENGTH**

7.15am | Julia  
TREAD 'N' LIFT

9.30am | Olivia  
FUZE

10.30am | Jordan  
FUZE

12.30am | Jordan  
POWER PUNCH

4pm | Alex  
BOX @ ROX

5.30pm | Millie  
THE WOD

6.30pm | Millie  
TRIPLE X

**FLOW**

7.30am | Sarah  
POWER

9am | Sarah  
MANDALA

10am | Sarah  
GENTLE

12.45pm | Meg  
PILATES  
FUNDAMENTALS

6pm | Charlotte  
POWER FLOW

7pm | Charlotte  
RESTORATIVE  
YOGA

**STRENGTH**

7am | Olly  
FUZE

8am | Olly  
FUZE

12.30pm | Lucy  
REFORMER

6pm | Freya  
POWER PUNCH

7pm | Freya  
CORE PUNCH

**FLOW**

7am | Bryony  
POWER

9.30am | Lucy  
SCULPT

10.30am | Lucy  
STRETCH & FLOW

12pm | Bryony  
POWER

1pm | Bryony  
RESTORATIVE YOGA

**STRENGTH**

9.30am | Cat  
REFORMER

12.45pm | Christina  
FUZE

5pm | Max  
RIDE @ ROX

**FLOW**

7am | Danielle  
POWER

8am | Danielle  
GENTLE

10.30am | Cat  
DYNAMIC PILATES

3pm | Meg  
REFORMER @ RC  
HOVE

6:30pm | Brooke  
SCULPT

7:30pm | Brooke  
POWER YOGA

**STRENGTH**

7am | Max  
FUZE

9.45am | Olivia  
POWER PUNCH

10.45am | Olivia  
POWER PUNCH

6.30pm | Olivia  
TRIPLE X

**FLOW**

9.30am | Briony  
POWER

10.30am | Briony  
RESTORATIVE

12pm | Briony  
MANDALA

6pm | Sarah  
POWER

7pm | Sarah  
YOGA NIDRA

**SATURDAY****STRENGTH**

8am | Julia  
RUN CLUB

8.30am | Olly  
THE WOD

9.45am | Olly  
FUZE

**STRENGTH**

6.45am | Max  
TRIPLE X

7.45am | Max  
FUZE

10.45am | Vincent  
REFORMER

12.30pm | Olly  
TRIPLE X

5pm | Sarah  
TRIPLE X

6pm | Sarah  
THE WOD

**FLOW**

9.30am | Vincent  
DYNAMIC PILATES

10.30am | Lucy  
SCULPT

4pm | Vincent  
REFORMER @ RC  
HOVE

**SUNDAY****FLOW**

8.30am | Julie  
MANDALA

9.30am | Julie  
GENTLE

# NOVEMBER CLASSES

Please arrive at least 10 minutes before the class starts and check in at the gym.