

CLASS SCHEDULE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:15 AM	BLASTFIT Jessie (45)	6:15 AM	SUPERSETS Shomari (45)	6:15 AM	RXRIDE Abby (45)	6:30 AM	BLASTFIT Somer (45)	6:15 AM	RXRIDE Somer (45)
	ALL TERRAIN Christine (45)	7:15 AM	VIRTUAL DUMBBELL Olli (30)		AMRAP Olli (45)	7:30 AM	VIRTUAL BOOTY Lucy (30)		ROPES & ROWERS Eilidh (45)
7:15 AM	STRENGTH ALL OVER Olli (45)		OUTDOOR BLASTFIT Eilidh (45)	7:15 AM	STRENGTH ALL OVER Olli (45)	12:10 PM	STRENGTH CORE Kacper (45)	7:15 AM	STRENGTH ALL OVER Eilidh (45)
12:00 PM	VIRTUAL HIIT Lucy (30)	12:10 PM	STRENGTH LOWER Chris (45)	9:00 AM	STRENGTH ALL OVER Eilidh (45)	12:30 PM	HIIT SPIN Christine (30)	9:00 AM	CIRCUITS Christine (45)
1:00 PM	SUPERSETS Kacper (45)	1:00 PM	CORE FLOW Emily (45)	12:00 PM	VIRTUAL PILATES April (30)	1:00 PM	RESTORE FLOW Emily (45)	12:10 PM	FLEX FRIDAY Kacper (45)
5:30 PM	BLASTFIT Eilidh (45)	5:30 PM	ATHLETIC CONDITIONING Olli (45)	12:10 PM	BOOTY Lucy (45)	5:30 PM	OPEN GYM Shomari (45)	1:00 PM	HIIT SPIN Chris (30)
	ALL TERRAIN Olli (45)		HIIT SPIN Jessie (30)	1:00 PM	STRENGTH UPPER Chris (45)		HIIT SPIN Gladwin (30)		
				5:30 PM	RXRIDE Lucy (30)				
SATURDAY						SUNDAY			
8:00 AM		8:00 AM	ALL TERRAIN Jessie (45)			8:30 AM	BOOTY Eilidh (45)		RXRIDE Somer/Abby (45)
9:00 AM		9:00 AM	HIIT & BURN Coach (45)			9:30 AM			VIRTUAL PILATES April (30)