

Week 1 & 3 All classes are 45 mins unless otherwise stated

KEY:

Met Con Sweat  
SPIN

Strength & Conditioning  
YOGA

KINSTRETCH  
FREESTYLE FREE WEIGHTS

CORE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06.30 - 07.15	S&C PULL with Kathryn	MET CON SWEAT with Stu	S&C PUSH with Kathryn	MET CON SWEAT with Stu	S&C LAT. ROTATE with Stu		
09.00 - 09.45	MET CON SWEAT with Kathryn			KINSTRETCH with Stu	KINSTRETCH with Stu	MET CON SWEAT with Kathryn SUNRISE SPIN with Craig	
09.15 - 10.00	SUNRISE SPIN with Matt		SUNRISE SPIN with Matt	SUNRISE SPIN with Andrena			
10.00 - 10.45	YOGA (VINYASA) with Ros (1 Hour)	S&C PUSH with Stu	MET CON SWEAT with Kathryn	FREESTYLE FREE WEIGHTS with Stu	MET CON SWEAT with Stu SPIN with Andrena	KINSTRETCH with Stu	SUNRISE SPIN with Matt
11.00 - 11.45						S&C HYBRID with Kathryn	
12.00 - 12.45		S&C THERAPY with Stu					
13.00 - 13.45				S&C THERAPY with Stu			
14.00 - 14.45		SPIN with Andrena					
17.30 - 18.15	Core with Stu (30 mins)		S&C BUILD with Stu	S&C PERFORM with Kathryn			
18.00 - 18.45	SUNDOWN SPIN with Andrena KINSTRETCH with Stu	SUNDOWN SPIN with Jen	SUNDOWN SPIN with Craig	SUNDOWN SPIN with Jen			
18.30 - 19.15				KINSTRETCH with Stu	THEME SPIN with Andrena		
19.00 - 19.45	FREESTYLE FREE WEIGHTS with Stu		YOGA (ASHTANGA) with Kate (1 hour)				