

**Week 2 & 4** 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 Stu	MET CON SWEAT with Kathryn	S&C PULL with Stu	MET CON SWEAT with Kathryn	S&C LAT. ROTATE with Kathryn		
09.00 - 09.45	MET CON SWEAT with Stu	YOGA (HATHA) with Kathryn (1 Hour)		YOGA (HATHA) with Kathryn (1 Hour)	KINSTRETCH with Stu	MET CON SWEAT with Stu SUNRISE SPIN with Craig	
09.15 - 10.00			SUNRISE SPIN with Matt	SUNRISE SPIN with Andrena			
10.00 - 10.45	YOGA (VINYASA) with Ros (1 Hour)	S&C PUSH with Kathryn		FREESTYLE FREE WEIGHTS with Kathryn	MET CON SWEAT with Kathryn SPIN with Andrena	YOGA (HATHA) with Kathryn (1 Hour)	SPIN with Matt
11.00 - 11.45						S&C HYBRID with Stu	
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 Kathryn	S&C with Stu			
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	SUNDOWN SPIN with Matt		
19.00 - 19.45	FREESTYLE FREE WEIGHTS with Stu		YOGA (ASHTANGA) with Kate (1 hour)				