

Week 1 & 3 (&5)

All classes are 45 mins unless otherwise stz
Timetable maybe subject to change

KEY:

Met Con Sweat	Strength & Conditioning	KINSTRETCH
SPIN	YOGA	FREESTYLE FREE WEIGHTS
CORE	TAPP	

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



Week 2 & 4

All classes are 45 mins unless otherwise stat
Timetable maybe subject to change

KEY:

Met Con Sweat	Strength & Conditioning	KINSTRETCH
SPIN	YOGA	FREESTYLE FREE WEIGHTS
CORE	TAPP	

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

