















 Reformer
  Cardio
  Barre
  Fitness
  Pilates

SUNDAY			STUDIO
8.00 - 9.00	BodyFirm	SINEAD	1 
9.00 -10.00	Barbell Class	SINEAD	2 
	Sequence	ZEINA	1 
	Reformer L2	MARIA	3 
10.00 -11.00	STOTT Pilates	SANDRAH	1 
	Reformer 1, 2	SHEENA	3 
11.00 -12.00	WeightLoss Circuit	SINEAD	2 
17.00 -18.00	Reformer L2	ANTONIA	3 
18.00 -19.00	Reformer L2	MARIA	3 
18.30 -19.30	Sequence	ZEINA	1 
19:30 – 20:30	Cardio Pilates	KHADIJA	1 
MONDAY			STUDIO
7.00 - 8.00	Reformer L2	ZOE	3 
8.00 - 9.00	Barre Sculpt	ZOE	2 
	Reformer L2	ANTONIA	3 
9.00 -10.00	Reformer L2	ZOE	3 
9.00 -10.00	Sequence	ZEINA	1 
10.00 -11.00	STOTT Pilates	ZOE	1 
	Reformer L2	ANTONIA	3 
11.00 -11.45	Roll & Release Yoga	WOO	1 
18:00 – 19:00	BodyFirm	SINEAD	1 
19:30 -20:30	Full Body Toning	KHADIJA	1 
TUESDAY			STUDIO
7.00 - 8.00	TRX	SINEAD	2 
8.00 – 9.00	Sequence	ZEINA	1 
9.00 -10.00	BodyFirm	SINEAD	1 
10.00 -11.00	Barbell Class	SINEAD	1 
	Reformer L2	SHEENA	3 
10.00 -11.00	Booty Barre	LAURA	1 
11.00 -12.00	Legs, Bums & Tums	SINEAD	1 
17.00 -18.00	Reformer L2	ANTONIA	3 
18.00 -19.00	Reformer L2	MARIA	3 
18.00 -19.00	Sequence	ZEINA	1 
19:30 – 20:30	Cardio Pilates	KHADIJA	1 



Reformer



Cardio



Barre



Fitness



Pilates

WEDNESDAY			STUDIO
7.00 - 8.00	Reformer L2	ZOE	3
8:00 – 9:00	Sequence	ZEINA	1
8.00 -9.00	Reformer L2	ZOE	3
9.00 -10.00	Barre Sculpt	ZOE	1
10.00 -11.00	STOTT Pilates	SANDRAH	1
	Reformer L2	ZOE	3
19:00 – 20:00	Full Body Toning	KHADIJA	1
THURSDAY			STUDIO
7.00 - 8.00	BodyFirm	SINEAD	1
8.00 -9.00	KickBoxing	SINEAD	2
	Reformer L2	ANTONIA	3
9.00 -10.00	Legs, Bums & Tums	SINEAD	1
	Reformer L2	MARIA	3
10.00 -11.00	Sequence	ZEINA	1
FRIDAY			STUDIO
9.00 -10.00	Reformer 1, 2	ANTONIA	3
10.00 -11.00	Reformer 1, 2	ANTONIA	3
SATURDAY			STUDIO
9.00 -10.00	BodyFirm	SINEAD	2
10.00 -11.00	Latino Cardio	LIRIS	1
	KickBoxing	SINEAD	2
	Reformer 1, 2	MARIA	3
11.00 -12.00	Legs, Bums & Tums	SINEAD	1

Personal Training offered every day. Please see Reception to book.

**CONTACT** *Us*

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