



AUTUMN TIMETABLE

MONDAY

07:00 ASHTANGA YOGA	STEPH 60MIN
08:00 GYLLY SWIMCLUB	CIARAN 45MIN
09:00 HYBRID	ELISE 45MIN
09:15 AQUA BLAST	KAT 30MIN
09:15 LM TRIP	VIRTUAL 45MIN
09:30 PLATE-LIT	STEVE 30MIN
10:00 AQUA BLAST	ELISE 30MIN
10:15 SPIN	LAUREN 45MIN
10:15 BODY PUMP	KAT 55MIN
11:30 STRETCH FLOW	LAUREN 45MIN
12:30 BARRE	KAT 45MIN
13:00 SPOT OF TENNIS	STEVE 60MIN
13:30 PLATE-LIT	ELISE 30MIN
14:15 TRX	MILLIE 45MIN
15:15 PILATES	JO 60MIN
16:30 FUNC- CORE	ADAM 30MIN
17:30 BODY PUMP	EMMA 45MIN
17:30 SPIN	MILLIE 45MIN
18:30 HIIT	ADAM 30MIN
19:15 LATIN DANCE	MILLIE 45MIN
20:15 STRETCH	ADAM 30MIN

TUESDAY

06:45 YOGA FLOW	EMMA 60MIN
07:00 LM TRIP	VIRTUAL 45MIN
07:30 FUNC-CORE	LAUREL 30MIN
08:00 LM SPRINT	VIRTUAL 45MIN
08:00 PILATES (INTER)	REBA 60MIN
09:15 PILATES (BEG)	REBA 60MIN
09:30 SPIN	LAUREL 45MIN
10:30 BODY PUMP	MILLIE 45MIN
10:30 HYBRID TRAINING	LAUREL 45MIN
10:30 EXPRESS SPIN	STEVE 30MIN
11:30 BODYBALANCE	KAT 45MIN
12:00 AQUA BLAST	MILLIE 30MIN
12:15 COAST CIRCUITS	STEVE 30MIN
13:00 LADIES LIFT	LAUREL 45MIN
14:00 COAST 2 5K	ELISE 45MIN
15:00 FIT FOUNDATION	ELISE 45MIN
15:00 ENDURANCE	LAUREN 90MIN
17:15 PLATE-LIT	KAT 30MIN
18:00 BODY COMBAT	KAT 45MIN
18:15 SPIN	MATT 45MIN
19:15 LADIES LIFT	ELISE 45MIN
20:15 YOGA(SLOWFLOW)	BETH 60MIN

WEDNESDAY

06:15 SPIN	ADAM 45MIN
07:00 BARRE	KAT 45MIN
07:15 LM TRIP	VIRTUAL 45MIN
08:15 TRX	LAUREL 45MIN
09:00 BEACH YOGA	JEN 45MIN
09:15 BODY COMBAT	KAT 55MIN
10:15 LBT	LAUREL 45MIN
10:30 LES MILLS DANCE	KAT 30MIN
11:15 RESTORATIVE YOGA	OLIVIA 60MIN
12:00 AQUA BLAST	KAT 30MIN
13:00 PLATE-LIT	LAUREL 30MIN
14:00 PRE TO POST	LAUREL 45MIN
16:15 LM RPM	VIRTUAL 45MIN
16:30 FUNC-CORE	MILLIE 30MIN
17:15 HYBRID TRAINING	MILLIE 45MIN
17:15 YOGA FLOW	EMMA 60MIN
18:30 SPIN	MILLIE 45MIN
19:30 BODY PUMP	MILLIE 45MIN
20:00 LM SPRINT	VIRTUAL 30MIN
20:30 YOGA(SLOWFLOW)	BETH 60MIN

SATURDAY

07:10 LM RPM	VIRTUAL 50MIN
08:00 BODY PUMP	TEAM 45MIN
08:15 SPIN	LA STEVE 45MIN
09:00 BODY COMBAT	KAT 45MIN
09:15 SPIN	LA STEVE 45MIN
10:00 FREEPARKTENNIS	KAT 60MIN
10:15 PILATES	JO 60MIN
10:15 SPIN	LA STEVE 45MIN
11:20 PILATES	JO 60MIN
15:45 EXPRESS SPIN	CAM 30MIN
16:30 FUNC-STRENGTH	CAM 45MIN
17:30 LM TRIP	VIRTUAL 45MIN
17:30 STRETCH	CAM 45MIN

SUNDAY

07:30 YOGA	LUCIE 60MIN
07:45 LM SPRINT	VIRTUAL 30MIN
08:30 SPIN	MATT 45MIN
09:30 BODY PUMP	TRISTAN 55MIN
09:30 HYBRIDTRAINING	ADAM 45MIN
10:30 LADIES LIFT	ADAM 45MIN
16:00 SPIN	ELISE 45MIN
17:30 FUNC- STRENGTH	ELISE 45MIN
18:30 LM TRIP	VIRTUAL 45MIN
18:30 BODY BALANCE	ELISE 45MIN

THURSDAY

06:15 LM TRIP	VIRTUAL 45MIN
07:00 FUNC-STRENGTH	ADAM 45MIN
08:00 QIGONG	CIARAN 60MIN
08:15 SPIN	ELISE 45MIN
09:00 AQUA FIT	ADAM 45MIN
09:00 POWER PILATES	SARAH 60MIN
09:15 HYBRIDTRAINING	LAUREN 45MIN
10:15 PLATE-LIT	ADAM 30MIN
10:15 SPIN	STEVE 45MIN
11:00 LEGENDS	ELISE 45MIN
12:30 LADIES LIFT	ELISE 45MIN
12:00 THERAPEUTIC YOGA	RUTH 60MIN
13:15 PILATES	JO 60MIN
14:15 LM TRIP	VIRTUAL 45MIN
14:30 GENTLE FIT	MILLIE 45MIN
17:15 LM TRIP	VIRTUAL 45MIN
17:00 GLUTE HYBRID	MILLIE 45MIN
18:00 BODY PUMP	EMMA 55MIN
18:15 SPIN	MILLIE 45MIN
19:15 BODY BALANCE	EMMA 45MIN
20:15 YOGA (SLOWFLOW)	LUCIE 60MIN

FRIDAY

06:30 RUN CLUB	LAUREL 45MIN
07:00 ASHTANGA YOGA	RUTH 60MIN
08:15 BARRE	KAT 45MIN
08:15 SPIN	LA STEVE 45MIN
09:15 AQUA CIRCUITS	KAT 45MIN
09:15 SPIN	LA STEVE 45MIN
09:15 BODY PUMP	LAUREL 45MIN
10:30 BODY ATTACK	KAT 45MIN
10:30 HYBRID TRAINING	LAUREL 45MIN
10:15 LM TRIP	VIRTUAL 45MIN
11:30 BODY BALANCE	KAT 55MIN
12:15 GIG STRONG	STEVE 30MIN
12:30 POWER PILATES	SARAH 60MIN
13:00 LADIES LIFT	LAUREL 45MIN
14:15 GENTLE FIT	KAT 45MIN
17:15 SPIN	LA STEVE 45MIN
17:30 HYBRID TRAINING	ADAM 45MIN
18:15 SPIN	LA STEVE 45MIN
18:30 FUNC-STRENGTH	ADAM 45MIN

StMICHAELS
HEALTH
CLUB