



# IVYBRIDGE CLASS TIMETABLE

**MON**

SPIN - 0615  
PILATES - 0930  
LIFT+SWING - 0930  
AQUA - 1000  
PILATES - 1035  
CIRCUITS - 1800  
PILATES - 1800  
ASTRAVAYA - 1910

**TUES**

PILATES - 0930  
LADIES LIFTING -0930  
SPIN - 0930  
PILATES - 1035  
MUM+BABY YOGA  
1145  
BALLET - 1800  
CIRCUITS - 1800  
GROUP WORKOUT  
1800  
YOGA - 1900

**WED**

PILATES - 0900  
AQUA - 0915  
STEP AEROBICS -0915  
YOGA - 1000  
PUMP - 1005  
PILATES - 1800  
SPIN - 1800  
PURE STRETCH - 1900  
BOXFIT - 1910



# IVYBRIDGE CLASS TIMETABLE

**THUR**

PILATES - 0930  
LADIES LIFTING - 0930  
LIFT+SWING - 1045  
CIRCUITS - 1800  
GROUP WORKOUT - 1910

**FRI**

MORNING HIIT - 0615  
INTERVALS - 0705  
LBT - 0910  
HATHA YOGA - 0930  
SPIN - 0930  
AQUA - 1010  
ABS BLAST - 1030  
FOUNDATION YOGA  
1035

**SAT**

CORE MOVEMENT - 0745  
SPIN - 0845  
LADIES LIFTING - 1030

**SUN**

SPIN - 0845  
VINYASSA YOGA - 0945  
GROUP WORKOUT - 1030

