



# HARBOURSIDE

## TEMPORARY TIMETABLE

22ND APRIL 19TH MAY

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**WEEKEND**

**A**  
**M**  
**L**  
**U**  
**N**  
**C**  
**H**  
  
**P**  
**M**

**6.45-7.30**  
**LIFT**  
**WITH CSENGE**  
-----  
**7.35-8.15**  
**CIRCUITS**  
**WITH CSENGE**

**6.50-7.20**  
**RIDE**  
**WITH AMY**  
-----  
**7.25-8.00**  
**LIFT**  
**WITH AMY**  
-----  
**10.10-11.00**  
**YOGA**  
**WITH FINOLA**

**7.00-7.30**  
**LIFT**  
**WITH AMY**  
-----  
**7.35-8.05**  
**RIDE**  
**WITH AMY**  
-----  
**7.40-8.30**  
**YOGA**  
**WITH HANNAH**

**6.45-7.15**  
**RIDE**  
**WITH ADAM**  
-----  
**7.20-7.50**  
**CORE**  
**WITH ADAM**

**6.45-7.15**  
**RIDE**  
**WITH ADAM**  
-----  
**7.20-7.50**  
**CORE**  
**WITH ADAM**

**SATURDAY**

**8.45-9.25**  
**CIRCUITS**  
**WITH JOSH**

**9.30-10.25**  
**PILATES**  
**WITH ELISA**

**10.30-11.30**  
**YOGA**  
**WITH ELISA**

**SUNDAY**

**10.30-11.30**  
**YOGA**  
**WITH HANNAH**  
**OR JESS**

**11.30-12.30**  
**YOGA**  
**WITH HANNAH**  
**OR JESS**

**12.10-12.40**  
**CONDITIONING**  
**WITH ADAM**  
-----  
**12.45-13.15**  
**RIDE**  
**WITH ADAM**  
-----  
**12.45-13.20**  
**MEDITATION**  
**WITH SUSIE**  
-----  
**13.20-14.00**  
**PILATES**  
**WITH KERSTIN**

**12.10-12.40**  
**RIDE**  
**WITH PAUL**  
-----  
**12.45-13.15**  
**CIRCUITS**  
**WITH SARAH**  
-----  
**13.15-13.45**  
**STRETCH&CORE**  
**WITH SARAH**

**12.10-12.40**  
**CIRCUITS**  
**WITH SCOTT**  
-----  
**12.10-12.40**  
**RIDE**  
**WITH PAUL**  
-----  
**12.45-13.15**  
**STRETCH&CORE**  
**WITH SCOTT**  
-----  
**13.15-14.00**  
**YOGA**  
**WITH CORINNE**

**12.05-12.45**  
**YOGA**  
**WITH NICOLA**  
-----  
**12.10-12.40**  
**RIDE**  
**WITH SCOTT**  
-----  
**12.45-13.15**  
**CONDITIONING**  
**WITH SCOTT**

**12.10-12.40**  
**RIDE**  
**WITH ADAM**  
-----  
**12.10-12.40**  
**CIRCUITS**  
**WITH ELISA**  
-----  
**12.45-13.15**  
**FITNESS PILATES**  
**WITH ADAM**

**18.00-18.35**  
**CIRCUITS**  
**WITH TIFFANY**  
-----  
**18.40-19.35**  
**YOGA**  
**WITH TIFFANY**  
-----  
**19.40-20.35**  
**YIN YOGA**  
**WITH TIFFANY**

**17.45-18.45**  
**YOGA**  
**WITH NICOLA**  
-----  
**18.10-18.40**  
**RIDE**  
**WITH DONNA**  
-----  
**18.50-19.25**  
**LIFT**  
**WITH DONNA**  
-----  
**19.30-20.30**  
**YOGA**  
**WITH HALI**

**17.30-18.05**  
**LIFT**  
**WITH CARLY**  
-----  
**18.10-18.55**  
**ZUMBA**  
**MONICA**  
-----  
**18.10-18.55**  
**RIDE**  
**CARLY**  
-----  
**19.00-19.45**  
**BARRE**  
**CARLY**

**17.45-18.30**  
**MEDITATION**  
**WITH SUSIE**  
-----  
**18.35-19.20**  
**ZUMBA STRONG**  
**WITH MONICA**  
-----  
**19.30-20.30**  
**YOGA**  
**WITH HANNAH**  
-----  
**20.30-21.30**  
**SUNSET YOGA**  
**WITH HANNAH**

**CLASSES IN BLUE ARE A NEW CLASS OR NEW INSTRUCTOR**

**CLASSES IN RED WILL NOT BE ON THE TIMETABLE UNTIL OUR NEW STUDIO OPENS**

**CLASSES IN PURPLE ARE EXISTING CLASSES WITH A TIME CHANGE**

**ALL OF OUR CLASSES ARE COMPLIMENTARY ON OUR PEAK MEMBERSHIP. YOU ARE WELCOME TO BOOK THESE 7 DAYS IN ADVANCE. WE DO ASK THAT YOU GIVE US AT LEAST AN HOURS NOTICE TO CANCEL, OTHERWISE A 2 FEE WILL APPLY.**

**WE DO WHATEVER WE CAN TO ACCOMMODATE ALL REQUESTS FOR CLASS TYPES AND CLASSES, SO IF YOU EVER HAVE ANY FEEDBACK THEN PLEASE EMAIL [KATE@WORKOUTHARBOURSIDE.CO.UK](mailto:kate@workoutharbourside.co.uk)**