



# workout

HARBOURSIDE

## SEPTEMBER 2021

### MONDAY

7.00-7.45	BODY PUMP	SARAH
8.00-8.45	BODY COMBAT	VIRTUAL
9.00-9.45	CORE	VIRTUAL
10.00-10.45	BODY BALANCE	VIRTUAL
11.00-11.30	GRIT ATHLETIC	VIRTUAL
12.10-12.55	BODY PUMP	ADAM
13.10-13.45	SPIN	ADAM
14.00-14.45	BODY PUMP	VIRTUAL
15.00-15.45	BODY BALANCE	VIRTUAL
16.00-16.45	CORE	VIRTUAL
17.30-18.10	BODY PUMP	AMY
18.15-19.00	SPIN	SCOTT
18.15-19.00	HIIT	RHIANNON
19.15-20.15	BODY BALANCE	VIRTUAL

### TUESDAY

7.00-7.45	BODY PUMP	DAN
8.00-8.45	BODY BALANCE	VIRTUAL
9.00-9.45	BODY COMBAT	VIRTUAL
10.00-10.45	BODY PUMP	VIRTUAL
11.00-11.45	CORE	VIRTUAL
12.10-12.55	BODY PUMP	DI
12.10-12.40	SPRINT	PAUL
14.00-14.45	BODY BALANCE	VIRTUAL
15.00-15.45	CORE	VIRTUAL
16.00-16.30	GRIT CARDIO	VIRTUAL
17.30-18.10	BODY ATTACK	RHIANNON
18.15-19.00	BODY PUMP	AMY
19.05-20.05	YOGA	SARAH

### WEDNESDAY

7.00-7.45	BODY ATTACK	DAN
8.00-8.30	GRIT ATHLETIC	VIRTUAL
9.00-9.45	BODY PUMP	VIRTUAL
10.00-10.45	BODY BALANCE	VIRTUAL
11.00-11.45	BODY COMBAT	VIRTUAL
12.10-12.55	BOOTCAMP	SCOTT
12.10-12.55	SPIN	RHI
13.10-13.55	BODY ATTACK	SCOTT
14.00-14.45	CORE	VIRTUAL
15.00-15.30	GRIT ATHLETIC	VIRTUAL
16.00-16.45	BODY PUMP	VIRTUAL
17.30-18.10	BODY PUMP	AMY
18.15-19.00	BODY COMBAT	HAYLEY
18.20-19.00	SPIN	AMY
19.15-20.15	BODY PUMP	VIRTUAL

### THURSDAY

7.00-7.45	SPIN	ADAM
8.00-8.45	BODY PUMP	VIRTUAL
9.00-9.30	GRIT CARDIO	VIRTUAL
10.00-10.45	BODY COMBAT	VIRTUAL
11.00-11.45	BODY BALANCE	VIRTUAL
12.10-12.50	HIIT	DI
13.10-13.40	SPRINT	DI
13.10-13.55	BODY PUMP	VIRTUAL
14.00-14.45	BODY BALANCE	VIRTUAL
15.00-15.45	CORE	VIRTUAL
16.00-16.30	GRIT ATHLETIC	VIRTUAL
17.30-18.15	BODY PUMP	ZOE
18.30-19.15	BODY COMBAT	VIRTUAL
19.30-20.15	BODY PUMP	VIRTUAL

### FRIDAY

7.00-7.45	BODY PUMP	ADAM
8.00-8.45	BODY BALANCE	VIRTUAL
9.00-9.30	GRIT CARDIO	VIRTUAL
10.00-10.45	BODY PUMP	VIRTUAL
11.00-11.45	CORE	VIRTUAL
12.10-12.50	BODY PUMP	KATE
13.10-13.55	RPM	ADAM
14.00-14.45	CORE	VIRTUAL
15.00-15.30	GRIT CARDIO	VIRTUAL
16.00-16.45	BODY BALANCE	VIRTUAL
17.30-18.15	BODY PUMP	VIRTUAL
18.30-19.15	BODY PUMP	VIRTUAL

### SATURDAY & SUNDAY

8.30-9.15	BODY COMBAT	VIRTUAL
9.30-10.15	BODY PUMP	VIRTUAL
10.30-11.15	BODY BALANCE	VIRTUAL
11.30-12.15	CORE	VIRTUAL