workout
BRISTOL

HARBOURSIDE

Temporary Reduced Timetable

As of the 18th March 2020, we will be running a reduced timetable, this means there will be fewer classes on the timetable, and reduced numbers in each class. We will update you as and when we know the best time to have our full timetable up and running, or if we are forced to make further changes.

Our members health is our priority and we thank you for your support whilst we all do our part in getting through this time together.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
07.00-07.30	GRIT CARDIO	BAIBA	07.00-07.30	SPRINT	DI	07.00-07.45	BODY PUMP	ADAM	06.45-07.15	GRIT CARDIO	ADAM	07.10-07.55	BODY PUMP	ADAM	8.45-9.30	BODY PUMP	AMY	10.00-10.45	BODY PUMP	ABBEY
			07.45-08.30	BODY BALANCE	DI	07.15-08.00	SPIN	CARLY	07.15-08.00	SPIN	NADIA				9.30-10.15	BODY PUMP	DI	10.45-11.15	CORE	ABBEY
12.10-12.50	BODY PUMP	ADAM				07.15-08.15	BODY BALANCE	KERSTIN	07.20-07.50	CORE	ADAM	12.10-12.40	GRIT CARDIO	ADAM	10.20-10.50	SPRINT	DI	11.30-12.15	BODY BALANCE	ABBEY
12.10-12.50	BODY BALANCE	DI	12.10-12.50	SPIN	CORINNE							12.10-12.50	YOGA	TIFF						
13.10-13.40	GRIT CARDIO	ADAM	12.45-13.15	HIIT	CARLY	12.10-12.50	BODY BLAST	RHI	12.10-12.40	GRIT CARDIO	DI	13.10-13.50	RPM	ADAM						
13.10-13.40	SPRINT	DI	13.10-13.50	YOGA	CORINNE	12.10-12.50	POWER YOGA	SARAH	12.10-12.50	SPIN	RHI									
						13.10-13.50	HIIT	RHI	13.10-13.50	BODY BALANCE	DI	17.30-18.15	BODY PUMP	AMY						
17.30-18.00	BODY PUMP	RHI	18.00-18.45	BODY ATTACK	RHI				13.10-13.50	BODY PUMP	RHI	17.30-18.30	YOGA	NICOLA						
17.45-18.30	PILATES	LORRAINE	18.00-18.45	BODY BALANCE	ABBEY	17.30-18.00	BODY PUMP	KERSTIN												
18.00-18.30	SPRINT	SHENEDE	18.15-19.00	SPIN	NADIA	17.45-18.30	YOGA	SIAN	17.30-18.15	BODY PUMP	ZOE									
18.00-18.45	BODY BLAST	RHI	18.45-19.30	BODY PUMP	RHI	17.45-18.30	SPIN	CARLY	18.20-19.05	BODY BALANCE	LAURA									
18.30-19.30	YOGA	NICOLA	19.00-20.00	YOGA	TIFF	18.00-18.45	BODY COMBAT	HAYLEY	19.15-20.15	YOGA	KARIS									
18.45-19.30	BODY PUMP	SHENEDE				18.40-20.10	ADVANCED YOGA	WALE												