

## STUDIO 1

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday


 9:30 - 10.15  
Tania


 7:00 - 7:45  
Charelle


 7:00 - 7:45  
Tania


 18:15 - 19:00  
Krzysztof


 9:30 - 10:00  
Ingrid


 Xtreme  
8:30 - 9:30  
Krzysztof


 19:30 - 20:15  
Mike


 19:30 - 20:15  
Mike

**INSANITY**  
8.00 - 8.50  
James

 Tai Chi **NEW**  
7:00 - 7:45  
Glenn

 Functional  
training Circuit  
7:00 - 7:45  
Ingrid

**HIIT**  
HIGH INTENSITY INTERVAL TRAINING  
08:00 - 09:00  
James

 Pilates  
9:45 - 10:45  
Anja

 LivingWell Tabata  
10:00 - 10:30  
Ingrid

**INSANITY**  
08.00 - 08.50  
James

 Boot Camp  
9:30 - 10:30  
Ingrid

 LivingWell Pump  
10:00 - 11:00  
Charelle

 Monday  
Squash Training  
Advanced  
18:00 - 18:45  
Beginners  
18:45 - 19:30  
Open Practice  
19:30 - 20:00

 Ashtanga Yoga  
10:45 - 11:45  
Yasmine


**ZUMBA**  
FITNESS  
9:30 - 10:30  
Paulina

 Pilates  
10:45 - 11:45  
Anja

 Perfect Abs  
11:00 - 11:20  
Charelle

 Vinyasa Yoga  
10:45 - 11:45  
Ivana

 Power Yoga  
11:30 - 12:30  
Oxana

 Fit Yoga  
17:00 - 18:00  
Sveta

 Barre Body  
17:00 - 17:55  
Johanna

 Muay Thai  
17:00 - 18:00  
Danilo **NEW**  
Max 8 Participants  
(starts 24th November '21)

 Pilates  
17:00 - 18:00  
Marconia

 Candle Light  
Yin Yoga  
17:15 - 18:15  
Sveta

 Boot Camp  
18:15 - 19:15  
Faye

 Sweat & Tone  
18:15 - 19:15  
Faye

 Cardio B.L.T.  
18:15 - 19:15  
Mike

 Livingwell Pump  
18:15 - 19:15  
Faye

 Pilates  
19:30 - 20:30  
Anja

 Dance & Tone  
19:30 - 20:30  
Johanna

 Power Yoga  
19:30 - 20:30  
Oxana

 \*  
SUNDAY  
Edalower  
9:30 - 10:30  
Mike

 Aqua  
11:00 - 11:45  
Anja

 Aqua  
10:45 - 11:30  
Anja

 Thursday  
Members  
Squash Social  
18:00 - 20:00  
Cr&I Ivan  
Aqua  
18:15 - 19:00  
Michelle

 Aqua  
11:45 - 12:30  
Michelle

## Pool

all levels

intermediate

advanced

pool based