

ATHELIS

MORE THAN FITNESS

AM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER YOGA 6:15-6:45am Julia Kirkina	RIDE: VELOCITY 6:45-7:15am Darren Rogers	PARK: PULL 6:15-7:00am Samir Tahraoui	RIDE: VELOCITY 6:45-7:15am Darren Rogers	PARK: LEGS 6:15-7:00am Samir Tahraoui	ATHELIS BC 8:15-9:05am Keiran Higgens	PARK FIT 9:00-9:45am Kieran Higgens
PARK: PUSH 6:15-7:00am Samir Tahraoui	IGNITE: PHOENIX 9:30-10:15am Darren Rogers	PACE 9:15-10:00am Bertrand Charles	RESHAPE 9:30-10:15am Steph Barron	ATHENA 9:15-10:00am Reah Georgia	IGNITE: PHOENIX 9:15-10:00am Bertrand Charles	SPIRIT CYCLE 10:00-10:45am Kieran Higgens
REBIRTH 9:15-10:00am Athelis Trainers	HOT PILATES 10:00-10:45am Kat Kirkman	YIN YOGA 10:15-11:15am Becky Hampson	HATHA YOGA 10:00-11:00am Rebecca Guest	REPPIN' 9:15-10:15am Katy Moore	REPPIN' 9:15-10:00am Judy Lancaster	HOT YOGA 10:00-10:45am Cathy Rawlings
HOT YOGA 10:00-10:45am Becky Hampson	HATHA YOGA 11:00-12:00pm Kat Kirkman	REPPIN' 10:15-11:00am Bertrand Charles	EMOM 10:30-11:00am Steph Barron	IYENGAR YOGA 9:15-10:15am Julia Kirkina	PACE 10:15-11:00am Bertrand Charles	BELLYFIT 10:35-11:15am Collette Mcquilton
STREET SHRED 10:15-11:00am Colette Mcquilton	IRON RIDE 12:15-1:00pm Kat Kirkman	RIDE: ALTITUDE 11:15-12:00pm Bertrand Charles	HIIT PILATES 11:15-11:45am Rebecca Guest	RIDE: ALTITUDE 10:30-11:15am Katy Moore	RIDE: ALTITUDE 10:15-11:00am Judy Lancaster	IGNITE: PHOENIX 11:00-11:45am Kieran Higgens
HYDRO: ELECTRIC 12:15-1:00pm Becky Hampson		HOT YOGA 11:30-12:15pm Becky Hampson	HYDRO: STATIC 12:00-12:45pm Rebecca Guest	CLASSICAL PILATES 11:00-11:45am Judy Lancaster	IGNITE: RAW 11:05-11:40am Keiran Higgens	RESTORATIVE YOGA 11:00-11:45am Holly Bailey
				HYDRO: POWER 12:15-1:00pm Becky Hampson	HOT YOGA 11:15-12:15pm Cathy Rawlings	RESHAPE 12:00-12:45pm Kieran Higgens



PM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
META FIT 5:15-5:45pm Jonathan Chianca	ORBIT 6:15-7:00pm Bertrand Charles	AMRAP 5:15-5:45pm Kieran Higgens	HIIS 5:30-5:50pm Kieran Higgens	TORSO 5:15-5:45pm Katy Moore	ORBIT 11:15-12:00pm Bertrand Charles	
TORSO 5:55-6:10pm Jonathan Chianca	PARK: PULL 6:15-7:00pm Alex Salmon	SCULPT 5:30-6:05pm Jonathan Chianca	REPPIN' 6:00-6:45pm Pierre Pozzuto	IGNITE: PHOENIX 6:00-6:45pm Kieran Higgens		
KUNDALINI YOGA 5:50-6:40pm Julia Kirkina	SPIRIT CYCLE 6:30-7:00pm Judy Lancaster	ATHELIS BOOTCAMP 6:00-6:50pm Kieran Higgens	PARK: LEGS 6:15-7:00pm Keiran Higgens	ZUMBA 6:00-6:45pm Katy Moore		
PARK: PUSH 6:00-6:45pm Kieran Higgens	IRON YOGA 7:00-7:30pm Tye Riviera Handley	METAFIT 6:15-6:45pm Jonathan Chianca	SPIRIT CYCLE 7:00-7:45pm Kieran Higgens	RIDE: ALTITUDE 7:00-7:45pm Kieran Higgens		
SCULPT 6:20-6:55PM Jonathan Chianca	ZUMBA 7:15-8:00pm Judy Lancaster	VINYASA FLOW 6:15-7:00pm Becky Hampson	RECHARGE 7:00-7:30pm Tye Riviera Handley	HATHA YOGA 7:00-8:00pm Mija O'Brien		
IGNITE: RAW 6:10-6:45pm Pierre Pozzuto	IGNITE: RAW 7:15-7:50pm Bertrand Charles	TORSO 6:55-7:10pm Jonathan Chianca	CONFLIKT' 7:00-7:45pm Pierre Pozzuto			
DIVA FEVER 7:05-7:40pm Jonathan Chianca	HOT YOGA 7:40-8:10pm Tye Riviera Handley	IRON RIDE 7:00-7:30pm Kieran Higgens	IGNITE: RAW 8:05-8:40pm Kieran Higgens			
YOGA NIDRA 6:45-7:30pm Julia Kirkina	BOXELIS 8:00-8:45pm Bertrand Charles	HYDRO: POWER 7:15-8:00pm Jonathan Chianca	HOT YOGA 7:40-8:10pm Tye Riviera Handley			
RIDE: VELOCITY 7:00-7:30pm Pierre Pozzuto	HYDRO: ELECTRIC 8:15-9:00pm Stephanie Barron	RESTORATIVE YOGA 7:15-8:00pm Holly Bailey	RESHAPE 8:00-8:45pm Pierre Pozzuto			

PM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IGNITE PHOENIX 7:00-7:45pm Kieran Higgens	HOT STUDIO PILATES 8:20-8:50pm Tye Riviera Handley	IGNITE: PHOENIX 7:35-8:10pm Kieran Higgens	BREATH SPACE 8:20-8:35pm Tye Riviera Handley			
ASHTANGA YOGA 7:45-8:30pm Will Burton	HOT TORSO PILATES 9:00-9:30pm Tye Riviera Handley	HOT YOGA 8:10-8:45pm Holly Bailey	HOT REHAB PILATES 8:45-9:30pm Tye Riviera Handley			
REPPIN' 7:50-8:35pm Pierre Pozzuto						
IGNITE: RAW 7:55-8:30pm Kieran Higgens						
YIN YOGA 8:40-9:30pm Will Burton						

A-STARS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ANTON'S YOGA (0-3yrs) 11:00-11:45am Becky Hampson BREATHE	ANTON'S GAMEZ (4-10yrs) 4:15-5:00pm Activate Fun THE STAGE	BURNIN' (4-10yrs) 4:15-5:00pm Keiran Higgens THE STAGE	LITTLE PLIE' (4-10yrs) 4:15-5:00pm Becky Hampson BREATHE	ANTON'S HYDRO (0-3yrs) 11:15-12:00pm Becky Hampson POOL	ANTON'S PLAY (2-5yrs) 9:00-9:45am Activate Fun BREATHE	ANTON'S FOOTBALL (A-Stars 4+) 8:15-9:00am Keiran Higgens STAGE
ANTON'S BOXELIS (Under 8s) 4:15-4:55pm Kieran Higgens BREATHE	SHOTOKHAN KARATE (A-Stars 4+) 5:15-6:00pm Hasha Karate THE STAGE	ACRO GYMNASTICS (8+ yrs) 5:15-6:00pm Becky Hampson BREATHE	ANTON'S WOD (4-10yrs) 4:15-4:45pm Keiran Higgens THE PARK	PACK CIRCUIT (Family 5+) 4:15-5:00pm Katy Moore THE STAGE	PARK ENDURANCE (4-10yrs) 9:15-10:00am Keiran Higgens THE PARK	ANTON'S SPORT (4-10yrs) 9:35-10:25am Activate Fun THE STAGE
STEPPIN' (4-10yrs) 4:15-5:00pm Colette Mcquilton THE STAGE	TEEN AMRAP (8+ yrs) 5:15-6:00pm Alex Salmon THE PARK		TEEN EMOM (8+ yrs) 4:50-5:20pm Keiran Higgens THE PARK	ANTON'S WOD (4-12yrs) 5:00-6:00pm Kieran Higgens THE PARK	WOD (A-Stars 8+) 10:15-11:00am Keiran Higgens THE PARK	PACK ZEN (Family 3+) 12:00-1:00pm Becky Hampson BREATHE
TEEN BOXELIS (Over 8s) 5:05-5:45pm Kieran Higgens BREATHE					PACK RIDE (Family 8+) 11:15-12:00pm Judy Lancaster DOME	