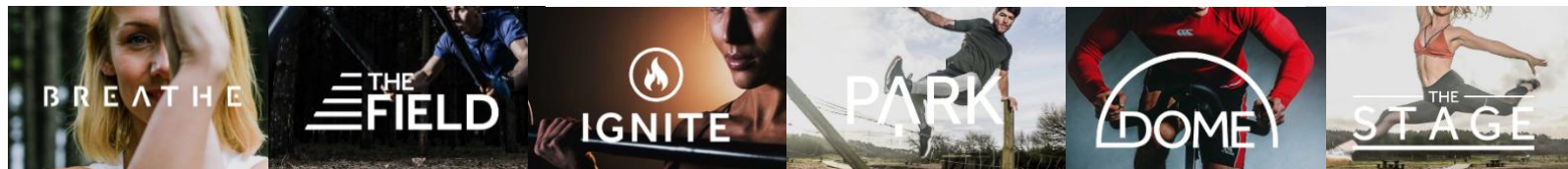


ATHELIS

MORE THAN FITNESS

AM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROOFTOP YOGA 6:15-6:45am Julia Kirkina	RIDE: ALTITUDE 6:15-7:00am Dan Speakman	PARK: PULL 6:15-7:00am Samir Tahraoui	S&C 6:15-7:00am Samir Tahraoui	PARK: LEGS 6:15-7:00am Samir Tahraoui	ATHELIS BOOTCAMP 8:15-9:05am Jenny Duane	HOT YOGA 9:00-9:45am Cathy Rawlings
PARK: PUSH 6:15-7:00am Samir Tahraoui	ATHELIS BOOTCAMP 6:15-7:00am Samir Tahraoui	PACE 9:15-10:00am Bertrand Charles	HATHA YOGA 9:15-10:00am Rebecca Guest	REPPIN' 9:15-10:00am Jenny Duane	IGNITE: PHOENIX 9:15-10:00am Bertrand Charles	PARK FIT 9:00-9:45am Christian Ryan
HIRT 9:15-10:00am Samir Tahraoui	ATHENA 9:15-10:00am Samir Tahraoui	ASHTANGA YOGA 10:15-11:15am Melissa Sheridan	MAT PILATES 10:00-10:45am Rebecca Guest	IYENGAR YOGA 9:15-10:15am Julia Kirkina	REPPIN' 9:15-10:00am Jenny Duane	SPIRIT CYCLE 10:00-10:45am Christian Ryan
HOT YOGA 10:00-10:45am Becky Hampson	IRON RIDE 10:00-10:45am Kat Kirkman	REPPIN' 10:15-11:00am Bertrand Charles	IGNITE: KAIZEN 10:00-10:45am Steph Barron	CONFLIKT' 10:15-11:00am Jenny Duane	HOT YOGA 10:15-11:15am Mija O'Brien	IGNITE: PHOENIX 11:00-11:45pm Christian Ryan
HYDRO: POWER 12:00-12:45pm Becky Hampson	HOT PILATES 11:00-11:45am Kat Kirkman	RIDE: ALTITUDE 11:15-12:00pm Bertrand Charles	HYDRO: ELECTRIC 11:00-11:45am Steph Barron	CLASSICAL PILATES 11:15-12:00pm Jenny Duane	PACE 10:15-11:00am Bertrand Charles	HOT YOGA 10:00-10:45am Cathy Rawlings
	HATHA YOGA 12:00-12:45pm Kat Kirkman	ANUSARA YOGA 11:30-12:15pm Melissa Sheridan	TANTRA YOGA 11:00-11:45am Rebecca Guest	HYDRO: STATIC 12:15-1:00pm Becky Hampson	RIDE: ALTITUDE 10:15-11:00am Jenny Duane	RESTORATIVE YOGA 11:00-11:45am Holly Bailey
			RIDE: BEAT! 12:00-12:45pm Rebecca Guest		ORBIT 11:15-12:00pm Bertrand Charles	



PM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PARK: UPPER 4:15-4:55pm Samir Tahraoui	PARK: PULL 5:15-6:00pm Samir Tahraoui	PARK: LOWER 4:15-4:55pm Samir Tahraoui	REPPIN' 6:00-6:45pm Pierre Pozzuto	HIIS 5:15-5:45pm Melissa Sheridan		
META FIT 5:00-5:30pm Jonathan Chianca	ORBIT 6:15-7:00pm Bertrand Charles	ELEVATION 5:15-6:00pm Samir Tahraoui	PARK: LEGS 6:15-7:00pm Dan Speakman	TORSO 5:45-6:00pm Melissa Sheridan		
TORSO 5:30-5:45pm Jonathan Chianca	RIDE: BEAT! 6:15-7:00pm Jenny Duane	SCULPT 5:30-6:15pm Jonathan Chianca	REHAB PILATES 6:15-6:45pm Tye Riviera Handley	SPIRIT CYCLE 6:15-7:00pm Dan Speakman		
KUNDALINI YOGA 5:00-5:45pm Julia Kirkina	STUDIO PILATES 6:15-6:45pm Tye Riviera Handley	ATHELIS BOOTCAMP 6:15-7:00pm Tye Riviera Handley	HOT YOGA 6:45-7:25pm Tye Riviera Handley	HATHA YOGA 7:00-8:00pm Mija O'Brien		
PARK: PUSH 6:00-6:45pm Christian Ryan	TORSO PILATES 6:45-7:00pm Tye Riviera Handley	METAFIT 6:15-6:45pm Jonathan Chianca	CONFLIKT' 7:00-7:45pm Pierre Pozzuto			
SCULPT 6:00-6:45PM Jonathan Chianca	CONFLIKT' 7:15-8:00pm Jenny Duane	TORSO 6:45-7:00pm Jonathan Chianca	SPIRIT CYCLE 7:00-7:45pm Dan Speakman			
IGNITE: RAW 6:10-6:45pm Pierre Pozzuto	IGNITE: PHOENIX 7:15-8:00pm Bertrand Charles	SPIRIT CYCLE 7:00-7:30pm Tye Riviera Handley	BREATH SPACE 7:30-7:45pm Tye Riviera Handley			
YOGA NIDRA 6:00-6:45pm Julia Kirkina	IRON YOGA 7:15-7:45pm Tye Riviera Handley	HYDRO: POWER 7:05-7:45pm Jonathan Chianca	RECHARGE 7:45-8:15pm Tye Riviera Handley			
DIVA FEVER 7:00-7:45pm Jonathan Chianca	YOGA INVERSIONS 7:45-8:15pm Tye Riviera Handley	RESTORATIVE YOGA 7:15-8:00pm Holly Bailey	WHAT THE FUNK! 8:00-8:45pm Pierre Pozzuto			

PM STUDIO TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RIDE: ALTITUDE 7:00-7:45pm Pierre Pozzuto	BOXELIS 8:15-9:00pm Bertrand Charles	IGNITE: STEALTH 7:30-8:05pm Tye Riviera Handley	IGNITE: RAW 8:00-8:35pm Dan Speakman			
IGNITE PHOENIX 7:00-7:45pm Christian Ryan	HYDRO: ELECTRIC 8:15-9:00pm Stephanie Barron	HOT YOGA 8:10-9:00pm Holly Bailey				
VINYASA FLOW 7:00-7:45pm Will Burton						
REPPIN': HARDER 8:00-8:45pm Pierre Pozzuto						
YIN YOGA 8:00-8:50pm Will Burton						

A T H E L I S

MORE THAN FITNESS

A-STARS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ANTON'S YOGA (0-3yrs) 11:00-11:45am Becky Hampson BREATHE				ANTON'S HYDRO (0-3yrs) 11:15-12:00pm Becky Hampson INDOOR POOL	ANTON'S PLAY (2-5yrs) 9:00-9:45am Activate Fun BREATHE	FUTSAL (4-11yrs) 9:00-9:45am Activate Fun THE STAGE
A-BOX (4-8yrs) 4:15-4:55pm Davina Ramsdale STAGE	GAME (4-11yrs) 4:15-5:00pm Activate Fun THE STAGE	PARK: LOWER (12+) 4:15-4:55pm Samir Tahraoui THE PARK	PLIE' (4-11yrs) 4:15-5:00pm Becky Hampson BREATHE	PARK: HIIT (4-11yrs) 4:30-5:15pm Melissa Sheridan THE PARK	PARK: HIRT (4-11yrs) 9:15-10:00am Clare Archer THE PARK	ZUMBA (12+) 11:00-11:45am Jess Stappard STAGE
PARK: UPPER (12+) 4:15-4:55pm Samir Tahraoui THE PARK	PARK: REBELS (4-11yrs) 4:15-5:00pm Clare Archer THE PARK	PARK: HICT (4-11yrs) 5:05-5:45pm Claire Archer THE PARK	PACK WOD (Family 5+) 5:15-6:00pm Becky Hampson THE PARK		EMOM (12+) 10:15-11:00am Clare Archer THE PARK	TIK TOCKIN' (4-11yrs) 12:00-12:45pm Jess Stappard THE FIELD
BOXELIS (A-Stars 8+) 5:00-5:45pm Davina Ramsdale IGNITE	IGNITE: BORN (12+) 5:00-5:45pm Clare Archer IGNITE	HOT POWER YOGA (12+) 4:15-5:00pm Melissa Sheridan BREATHE			PACK RIDE (Family 8+) 11:15-12:00pm Melissa Sheridan DOME	
	#DANCEAGAIN (12+) 5:00-5:45pm Eleyiah Navis THE STAGE				PACK KARATE (Family 5+) 12:05-1:00pm Hasha Karate THE STAGE	