

Tower Bridge Class Schedule April - June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
6:15-7:10 Riverside 6:30-7:30 Hot Yoga 6:45-7:30 Cycle 7:00-7:45 M&B 7:15-8:00 Riverside 7:30-8:15 Rig 8:15-09:00 Treadmills 8:30-9:15 Hot Yoga 11:00-11:45 Hot Yoga	THE WOD Danny HOT VINYASA YOGA Negeen POWERIDE Lisa VINYASA YOGA Teresa ULTRASHOCK CIRCUIT Danny KETTLEBELLS Chris M SPEED FIENDS Danny HOT ROCKET YOGA David P HOT DYNAMIC PILATES Luigi	6:15-7:00 Hot Yoga 6:30-7:15 M&B 6:45-7:30 Rig 7:00-7:45 Riverside 7:00-7:45 Cycle 7:20-8:05 Hot Yoga 7:30-8:30 M&B 7:45-8:30 Treadmills/Rig 8:15-9:00 Riverside 8:30-9:15 Hot Yoga	6:30-7:15 Hot Yoga 6:30-7:15 Treadmills/Rig 7:00-7:45 Riverside 7:00-7:45 M&B 7:15-8:00 Wattbikes 7:30-8:15 Rig 7:30-8:15 Cycle 8:00-8:45 Hot Yoga 11:00-11:45 Rig	HOT VINYASA YOGA David L SWEAT X Danny BARS & BELLS Janine THE METHOD Emma WATTBIKE Richard KETTLEBELLS Chris M REPS & REVS Will J HOT HATHA YOGA David L KETTLEBELLS Lee	6:15-7:00 M&B 6:45-7:30 Lucie 7:00-7:45 Rig 7:15-8:15 Hot Yoga 7:15-8:00 Cycle 7:15-8:00 WATTBIKE Richard 7:40-8:25 Riverside 8:30-9:15 Hot Yoga 8:30-9:15 Wattbikes 10:00-10:45 M&B	6:15-7:00 Hot Yoga 6:30-7:15 Rig 6:45-7:40 Riverside 6:45-7:45 M&B 7:15-8:00 Cycle 7:30-8:15 Rig 8:00-8:45 Aless 8:20-9:05 Riverside	HOT VINYASA YOGA Negeen AFTERBURNER Aaron THE WOD Mandy VINYASA YOGA Aless POWERIDE Lisa KETTLEBELLS Aaron HOT CLASSICAL PILATES Aless EXTREME Aaron	8:30-10:00 M&B 9:15-10:15 Hot Yoga 10:00-10:45 Treadmills 10:00-10:45 Riverside 10:15-11:00 Cycle 10:15-11:00 M&B 10:30-12:00 Hot Yoga 11:00-12:00 Riverside 11:00-11:45 Treadmills/Rig 11:15-12:15 M&B 12:00-12:45 Rig 12:10-12:55 Riverside 12:00-12:45 M&B 12:05-12:50 Riverside 12:15-13:00 Cycle 12:15-13:00 Grid 12:20-13:05 Treadmills/Rig 13:00-13:45 M&B 13:00-13:45 Hot Yoga 13:10-13:55 Treadmills 13:15-14:00 Rig 16:00-17:00 M&B 16:00-16:45 Rig	ASHTANGA YOGA Saori HOT REHAB PILATES Lori SPEED FIENDS Will L ULTRASHOCK CIRCUIT Lucie HARDCORE CYCLE Jermaine P THE METHOD Emma HOT ROCKET YOGA Saori BODY PUMP Lucie SWEAT X Will L DYNAMIC PILATES Lori KETTLEBELLS Chris M STREET DANCE Sylvia POWERIDE Lucie HOT VINYASA YOGA Saori PULSE Fran METABURN Will L AFTERBURNER Will L HOT HATHA YOGA Teresa HOT VINYASA YOGA Teresa	
12:00-12:55 Riverside 12:00-12:45 Hot Yoga 12:10-12:55 Cycle 12:15-13:00 M&B 13:00-13:45 M&B 13:00-14:00 Hot Yoga 13:10-13:55 Riverside 13:10-13:55 Treadmills 13:15-14:00 Rig 16:00-17:00 M&B 16:00-16:45 Rig	THE WOD Aaron HOT HATHA YOGA Carl HARDCORE CYCLE Lee LEGS, GLUTES & ABS Chris M BARRE BURN Annie HOT VINYASA YOGA Carl BARS & BELLS Lee SPEED FIENDS Aaron KETTLEBELLS Chris M HATHA YOGA Mary KETTLEBELLS Aaron	12:00-12:45 Treadmills 12:10-12:55 M&B 12:15-13:00 Riverside 12:15-13:00 Hot Yoga 13:00-13:45 Cycle 13:00-13:45 M&B 13:05-13:50 Riverside 13:15-14:00 Hot Yoga 14:00-14:45 Riverside 14:30-15:15 Hot Yoga 16:00-16:45 Rig 16:00-16:45 Hot Yoga	12:00-12:45 Rig 12:10-12:55 M&B 12:15-13:00 Cycle 12:15-13:00 Riverside 12:15-13:15 Hot Yoga 13:00-13:45 Treadmills 13:05-13:50 M&B 13:15-14:00 Riverside 13:30-14:15 Hot Yoga 14:00-15:00 M&B 16:00-16:45 Hot Yoga 16:00-16:45 Rig	AFTERBURNER Aaron VINYASA YOGA Ana POWERIDE Vicki FIGHT KLUB Chris M HOT VINYASA YOGA Clare SPEED FIENDS Aaron CLASSICAL PILATES Luigi EXTREME Vicki HOT HATHA YOGA Ana EXHALE Clare HOT VINYASA YOGA Jess KETTLEBELLS Aaron	12:00-13:00 Hot Yoga 12:00-12:45 Treadmills/Rig 12:00-12:45 Riverside 12:10-12:55 Cycle 12:15-13:00 M&B 13:00-13:45 Riverside 13:05-13:50 M&B 13:15-14:00 Hot Yoga 13:15-14:00 Wattbikes 14:00-14:45 Rig 16:00-16:45 Hot Yoga	12:00-12:45 Hot Yoga 12:00-12:45 M&B 12:05-12:50 Riverside 12:15-13:00 Cycle 12:15-13:00 Grid 12:20-13:05 Treadmills/Rig 13:00-13:45 M&B 13:00-13:45 Hot Yoga 13:05-13:50 Riverside 13:15-14:00 Treadmills 13:15-14:00 Wattbikes 16:00-16:45 Hot Yoga	HOT DYNAMIC PILATES Karen VINYASA YOGA Carl BARS & BELLS Kate HARDCORE CYCLE Lisa KETTLEBELLS Chris M SWEAT X Aaron BARRE BURN Annie HOT HATHA YOGA Carl EXTREME Kate SPEED FIENDS Aaron WATTBIKE Richard HOT YIN YOGA Jess	8:15-9:15 M&B 8:30-9:15 Hot Yoga 9:30-10:30 Hot Yoga 9:30-10:15 Rig 10:00-11:15 M&B 10:00-10:45 Treadmills 10:15-11:30 Cycle 10:30-11:15 Riverside 11:00-12:00 Hot Yoga 11:00-11:45 Treadmills/Rig 11:30-12:30 Riverside 11:30-12:15 M&B 12:00-12:45 Rig 13:00-14:00 M&B 13:00-14:00 Hot Yoga 13:00-13:45 Riverside 14:30-15:30 Hot Yoga 15:00-16:00 M&B	HATHA YOGA Mary HOT YIN YOGA Saori HOT VINYASA YOGA Mary KETTLEBELLS Lee ASHTANGA YOGA Carl SPEED FIENDS Danny REPS & REVS Will J FIGHTKLUB Lee HOT VINYASA YOGA Mary SWEAT X Danny BARS & BELLS Lee BARRE BURN Jennifer AFTERBURNER Danny DYNAMIC PILATES Lori HOT HATHA YOGA David ULTRASHOCK CIRCUIT Lee HOT HATHA YOGA David EXHALE Teresa	
17:15-18:00 Riverside 17:45-18:45 Hot Yoga 18:00-19:00 M&B 18:00-18:45 Cycle 18:15-19:00 Riverside 18:15-19:45 Wattbikes 18:30-19:15 Treadmills/Rig 18:30-19:30 Pool 19:00-20:00 Hot Yoga 19:05-20:35 M&B 19:15-20:00 Riverside 20:00-20:45 Rig 20:15-21:15 Hot Yoga	METABURN Aaron HOT VINYASA YOGA Saori CLASSICAL PILATES Luigi HARDCORE CYCLE Shanti F.I.T JAM DANCE Faye WATTBIKE Richard SWEAT X Aaron SWIMCAMP Julie HOT HATHA YOGA Carl VINYASA YOGA Mary STRONG & SCULPTED Fitz KETTLEBELLS Danny HOT YIN YOGA Saori	17:15-18:15 Hot Yoga 17:30-18:15 Riverside 17:35-18:20 Rig 17:45-18:30 Treadmills 18:00-18:55 M&B 18:00-18:45 Rig 18:15-19:00 Cycle 18:30-19:30 Hot Yoga 18:30-19:15 Riverside 18:35-19:20 Rig 19:00-20:00 Sharon 19:30-20:15 Riverside 19:45-21:15 Hot Yoga	17:00-17:55 M&B 17:45-19:00 Hot Yoga 18:00-18:45 M&B 18:00-18:45 Treadmills/Rig 18:15-19:00 Riverside 18:30-19:30 Pool 19:00-20:00 Rig 19:00-19:45 Cycle 19:00-20:00 M&B 19:10-19:55 Riverside 19:15-20:15 M&B 20:00-20:45 Rig 20:30-21:30 Hot Yoga	PULSE Fran HOT YIN YOGA Jess REHAB PILATES Andrea SWEAT X Vicki ULTRASHOCK CIRCUIT Aaron SWIM CAMP Julie BOXING Andy REPS & REVS Vicki EXHALE Bassanti BARS & BELLS Aaron HOT VINYASA YOGA Letty KETTLEBELLS Chris HOT HATHA YOGA Mary	17:00-17:45 Hot Yoga 17:15-18:00 M&B 17:45-18:30 Rig 18:00-19:00 Hot Yoga 18:00-18:45 Riverside 18:15-19:00 M&B 18:30-19:15 Cycle 18:30-19:15 Treadmills 19:00-19:45 Riverside 19:15-20:10 M&B 19:15-20:45 Hot Yoga 19:30-20:15 Treadmills/Rig	HOT HATHA YOGA Saori ASHTANGA YOGA Carl KETTLEBELLS Lee HOT VINYASA YOGA Saori METABURN Sally THE METHOD Fran HARDCORE CYCLE Shanti SPEED FIENDS Callum FIGHT KLUB Lee PULSE Fran HOT YIN YOGA Saori SWEAT X Sally	17:00-18:00 Hot Yoga 17:10-17:55 M&B 17:30-18:15 Cycle 17:30-18:15 Rig 18:00-19:00 M&B 18:10-18:55 Riverside 18:15-19:00 Hot Yoga 18:15-19:15 Wattbikes 18:30-19:15 Treadmills/Rig 19:15-20:00 M&B 19:15-20:15 Hot Yoga	HOT HATHA YOGA Carl METHOD Annelies HARDCORE CYCLE Vicki KETTLEBELLS Lee ROCKET YOGA Ana LEGS, GLUTES & ABS Annelies HOT CLASSICAL PILATES Carl WATTBIKE Richard SWEAT X Vicki DYNAMIC PILATES Annelies HOT VINYASA YOGA Ana	8:15-9:15 M&B 8:30-9:15 Hot Yoga 9:30-10:30 Hot Yoga 9:30-10:15 Rig 10:00-11:15 M&B 10:00-10:45 Treadmills 10:15-11:30 Cycle 10:30-11:15 Riverside 11:00-12:00 Hot Yoga 11:00-11:45 Treadmills/Rig 11:30-12:30 Riverside 11:30-12:15 M&B 12:00-12:45 Rig 13:00-14:00 M&B 13:00-14:00 Hot Yoga 13:00-13:45 Riverside 14:30-15:30 Hot Yoga 15:00-16:00 M&B	HATHA YOGA Mary HOT YIN YOGA Saori HOT VINYASA YOGA Mary KETTLEBELLS Lee ASHTANGA YOGA Carl SPEED FIENDS Danny REPS & REVS Will J FIGHTKLUB Lee HOT VINYASA YOGA Mary SWEAT X Danny BARS & BELLS Lee BARRE BURN Jennifer AFTERBURNER Danny DYNAMIC PILATES Lori HOT HATHA YOGA David ULTRASHOCK CIRCUIT Lee HOT HATHA YOGA David EXHALE Teresa

THIRD SPACE

Soho
Class Schedule
April - June
2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday											
06.45-07.30 Treadmills 07.00-07.45 Cycle 07.00-07.45 Rig 07.00-07.45 Sherwood 07.30-08.30 Brewer 08.00-08.45 Cycle 07.50-08.35 Sherwood	06.45-07.30 SPEED FIENDS Fabby 07.00-07.45 POWERIDE Lisa 07.15-08.00 AFTERBURNER Joe H 07.00-07.45 BARRE BURN Jennifer 07.30-08.30 VINYASA YOGA James 08.00-08.45 REPS & REVS Lisa 07.50-08.35 EXTREME Joe H	06.45-07.30 ULTRA SHOCK CIRCUITS Sherwood 07.00-07.45 POWERIDE Joe H 07.15-08.00 WATTBIKE Imogen 07.15-08.15 SWIMCAMP Ben 07.30-08.15 TRX STRONG Fabby 7.40-8.25 METABURN Will P 7.30-8.30 VINYASA YOGA Jonelle 8.00-8.45 HARDCORE CYCLE Joe H	06.45-07.30 Cycle 06.45-07.30 Sherwood 06.45-07.30 SWEAT X Adrien 07.00-08.00 HOT VINYASA YOGA Richard REPs & REVs Lucie 07.45-08.30 METABURN Kate 07.45-08.30 KETTLEBELLS Adrien 08.00-08.45 DYNAMIC PILATES Karen 08.35-09.05 SPEED FIENDS 30 Adrien	07.00-08.00 Brewer 07.00-07.45 Sherwood 07.00-07.45 Glass Floor 07.15-08.00 WATTBIKE Alice 07.30-08.15 SWIM CAMP Arvids 07.30-08.15 REPs & REVs Leah 07.45-08.30 CORE 45 Charlie 08.00-08.45 DYNAMIC PILATES Annelies 08.55-09.25 SPEED FIENDS Annelies	06.45-07.30 DYNAMIC PILATES Annelies 06.45-07.45 THE WOD Adrien 07.30-08.15 REPs & REVs Whitney 07.30-08.30 EXHALE James 07.45-08.30 THE METHOD Annelies 08.00-08.45 SWEAT X Adrien 08.45-09.15 TABATA Adrien 08.45-09.15 SPEED FIENDS Annelies	09.30-10.30 SWIM CAMP Ben 09.30-10.15 FORMULA 3 Adrien 10.00-10.45 REPS & REVS Paddy 10.30-11.30 THE WOD Adrien 11.00-12.00 HOT VINYASA YOGA Richard 11.00-11.45 POWERIDE Paddy 11.45-12.15 CORE 30 Adrien 12.00-12.55 THE METHOD Fran 12.00-13.00 SPARRING Paul 13.15-14.00 SWEAT X Adrien 13.30-15.00 HATHA YOGA Ferdie 14.15-15.15 THE WOD Adrien 15.25-15.55 KETTLEBELLS Adrien 16.00-17.00 VINYASA YOGA Reanne										
12.00-12.45 Brewer 12.00-12.45 Rig 12.10-12.55 Cycle 12.10-13.05 Sherwood 12.15-13.00 Cycle 13.00-14.00 Brewer 13.10-13.55 Hypoxic Chamber 13.15-14.00 Rig / Treadmills 13.10-13.55 Sherwood 14.00-14.30 Glass Floor 14.05-14.35 Glass Floor	12.00-12.45 CLASSICAL PILATES Lori 12.00-12.45 KETTLEBELLS Eddie 12.10-12.55 POWERIDE Lucie 12.10-13.05 THE WOD Adrien 12.15-13.00 WATTBIKE-SPRINTS Chris 13.00-14.00 HOT VINYASA YOGA James 13.10-13.55 HYPOXIC 5 Richie 13.15-14.00 SWEAT X Adrien 13.10-13.55 EXTREME Sherwood 14.00-14.30 CORE 30 Lucie 14.05-14.35 TRX STRONG Adrien	11.00-11.45 Sherwood 12.00-12.45 Brewer 12.10-12.55 Class Floor 12.10-12.55 REPS & REVS Lisa 12.15-13.00 EXTREME Michael C 12.15-13.00 SWIM CAMP Pool 12.25-13.10 RIG FIT Rig 12.30-13.15 BITCH BOXING Cathy 12.55-13.55 VINYASA YOGA Danielle 13.00-13.30 CORE 30 Fitzroy 13.05-14.05 GRAPPLING Paul 13.10-13.55 HYPOXIC 5 Hypoxic Chamber 13.15-14.00 BARRE BURN Stephanie 13.35-14.05 SPEED FIENDS Fitzroy	11.00-11.45 Sherwood 11.00-11.45 Cycle 12.00-13.00 Brewer 12.00-12.45 Rig 12.00-12.45 Class Floor 12.10-12.55 Cycle 12.15-13.00 WATTBIKE - SPRINTS Chris S 12.15-13.00 STRONG & SCULPTED Fitzroy 12.30-13.30 BRAZILIAN JIU JITSU (BEGINNERS) Alex 13.05-13.50 Rig 13.05-13.50 Sherwood 13.10-13.55 Sherwood 13.05-13.50 Cycle 13.15-14.15 Boxing Ring 13.10-13.55 Treadmills 13.15-14.15 Brewer 13.30-14.30 Dojo 13.50-14.20 Treadmill/Rig	11.00-11.45 STRONG & SCULPTED Fitzroy 12.00-13.00 VINYASA YOGA Jonelle 12.10-12.55 REPs & REVs Susie M 12.15-13.00 HYPOXIC 5 Richie 12.15-13.00 LEGS GLUTES & ABS Fitzroy 12.15-13.00 SWEAT X Michael C 12.15-13.15 REHAB PILATES Tony 12.30-13.15 BOXOLOGY Cathy 12.30-13.15 WATTBIKE Mary 13.00-13.15 Glass Floor 13.15-14.00 Rig 13.15-14.00 Treadmills 13.15-14.00 Rig 13.15-14.00 Treadmills 13.15-14.00 Sherwood 13.15-14.15 Boxing Ring 13.15-14.15 Brewer	12.00-13.00 Boxing Ring 12.00-13.30 Brewer 12.15-13.00 STRONG & SCULPTED Richie 12.10-12.55 AFTERBURNER Adrien 12.15-13.00 REPs & REVs Tridee 12.30-13.15 SPEED FIENDS Will P 12.30-13.15 WATTBIKE Chris 13.00-13.45 BOXOLOGY Cathy 13.10-14.10 THE WOD Adrien 13.15-14.00 TRX STRONG Richie 14.10-14.40 KETTLEBELLS Adrien	16.30-17.30 Brewer 16.30-17.15 Sherwood 17.00-17.30 Glass Floor 17.15-17.45 Glass Floor 17.45-18.30 Dojo 17.45-18.30 Cycle 18.00-19.00 Brewer 18.00-18.45 Sherwood 18.15-19.00 Treadmills 18.30-19.30 Boxing Ring 18.45-19.30 Cycle 19.00-19.45 Sherwood 19.15-20.00 Treadmills 19.30-20.30 Dojo 19.15-20.45 Brewer	16.30-17.30 HATHA YOGA Liz 16.30-17.15 FORMULA 3 Will P 17.00-17.30 CORE 30 Lucie 17.15-17.45 TRX FIT Adrien 17.45-18.30 ANTENATAL YOGA Lori 17.45-18.30 HARDCORE CYCLE Lucie 18.00-19.00 EXHALE Liz 18.00-18.45 LEGS GLUTES & ABS Janine 18.15-19.00 SWEAT X Adrien 18.30-19.30 BITCH BOXING Cathy 18.45-19.30 POWERIDE Lucie 19.00-19.45 METABURN Janine 19.15-20.00 SPEED FIENDS Adrien 19.30-20.30 BRAZILLIAN JIU JISTU Alex 19.15-20.45 VINYASA YOGA Liz	16.15-17.00 Sherwood 17.00-18.45 Rig / Treadmills 17.15-18.00 Sherwood 17.30-18.15 Cycle 18.00-19.00 Dojo 18.00-19.00 Brewer 18.10-18.55 Glass Floor 18.30-19.15 Cycle 18.30-19.30 BOXOLOGY Adrien 18.15-19.15 STRONG & SCULPTED Fitzroy 19.00-19.45 SPEED FIENDS Callum 19.15-20.00 EXTREME Stevie 19.15-20.15 HOT VINYASA YOGA James 19.30-20.30 MUAY THAI Lee R	16.30-17.30 Brewer 16.30-17.15 Sherwood 17.30-18.30 Sherwood 17.45-18.30 Cycle 18.00-18.45 Climbing Wall 18.15-19.00 Rig 18.15-19.15 Boxing Ring 18.25-19.10 Sherwood 18.45-20.15 Brewer 18.45-19.30 Wattbikes 19.00-19.45 Climbing Wall 19.15-20.00 Sherwood 19.15-20.00 Rig	16.30-17.30 HOT HATHA YOGA Ashley 16.30-17.15 STRONG & SCULPTED Fitzroy 17.30-18.30 THE METHOD Fitzroy 17.45-18.30 HARDCORE CYCLE Chris 18.00-18.45 CLIMBING BEGINNERS Tasya 18.15-19.00 AFTERBURNER Will P 18.15-19.15 BOXOLOGY Cathy 18.25-19.10 LEGS GLUTES & ABS Fitzroy 18.45-20.15 ASHTANGA YOGA Ashley 18.45-19.30 WATTBIKE Chris 19.00-19.45 CLIMBING INTERMEDIATES Tasya 19.15-20.00 METABURN Will P 19.15-20.00 KETTLEBELLS Eddie	17.30-18.15 Sherwood 18.00-18.45 Climbing Wall 18.00-18.45 Rig 18.00-19.00 Brewer 18.00-19.15 Dojo 18.30-19.15 Cycle 18.00-18.45 Sherwood 18.30-19.30 Boxing Ring 18.45-19.30 Climbing Wall 19.00-20.00 Sherwood 19.15-20.00 Brewer	17.30-18.15 FORMULA 3 Jermaine J 18.00-18.45 CLIMBING INTERMEDIATE Tasya 18.00-18.45 RIG FIT Arleigh 18.00-19.00 HOT VINYASA YOGA Clare 18.00-19.15 BRAZILIAN JIU JITSU Alex 18.30-19.15 HARDCORE CYCLE Susie M 18.00-18.45 METABURN Jermaine J 18.30-19.30 BOXOLOGY Cathy 18.45-19.30 CLIMBING Beginners Tasya 19.00-20.00 URBAN DANCE Jennifer 19.15-20.00 DYNAMIC PILATES Tony	16.30-17.15 Rig / Treadmills 17.30-18.15 Rig / Treadmills 17.30-18.30 Brewer 18.00-18.45 Sherwood 18.15-19.00 Cycle 18.00-19.00 Dojo 18.30-19.30 Boxing Ring 18.45-19.45 Brewer 19.00-20.00 Dojo	16.30-17.15 FORMULA 3 Lee 17.30-18.15 SWEAT X Lee 17.30-18.30 HOT YIN YOGA Saori 18.00-18.45 PULSE Annie 18.15-19.00 POWERIDE Leah 18.00-19.00 BRAZILIAN JIU JITSU (Beginners no Gi) Alex 18.30-19.30 SPARRING Cathy Brown & Greg Williams 18.45-19.45 HOT HATHA YOGA Saori 19.00-20.00 BRAZILIAN JIU JITSU Invite only Alex	10.00-10.45 Cycle 10.30-11.30 Brewer 11.00-11.45 Cycle 11.45-12.15 Glass Floor 12.00-13.00 Brewer 12.45-13.30 Sherwood 15.00-16.00 Brewer 17.00-18.30 Brewer	10.00-10.45 POWERIDE Lucie 10.30-11.30 CLASSICAL PILATES Lori 11.00-11.45 HARDCORE CYCLE Lucie 11.45-12.15 CORE 30 Lucie 12.00-13.00 HOT VINYASA YOGA Carl 12.45-13.30 THE METHOD Fran 15.00-16.00 HOT DYNAMIC PILATES Carl 17.00-18.30 HATHA YOGA Ashley
Sunday																

**THIRD
SPACE**

Marylebone

Class Schedule

April - June
2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45-07:15 Functional Area TRX FIT Seb	07:00-07:45 Treadmill SPEED FIENDS Seb	07:15-08:15 Cycle Space WATT BIKE Pauw	07:00-08:00 Bulstrode CLASSICAL PILATES Darren	06:45-07:30 Functional Area AFTERBURNER Seb	08:45-09:45 Bulstrode HATHA YOGA Ferdi
07:15-08:00 Cycle Space WATT BIKE SPRINTS Pauw	07:00-08:00 Bulstrode HATHA YOGA Vinna	07:15-08:00 Functional Area CALISTHENICS Goncalo	07:00-07:45 Rig/Tread SWEAT X Emily	07:00-07:45 Cycle Space WATT BIKE Pauw	09:00-09:30 Functional Area TRX STRONG Sandor
07:30-08:25 Functional Area THE WOD Seb	07:15-08:00 Cycle Space WATT BIKE Scott	07:15-08:00 Bulstrode FORCE Emily	07:30-08:15 Cycle Space WATT BIKE Pauw	07:30-08:15 Bulstrode FORCE Emily	09:45-10:30 Rig/Tread SWEAT X Sandor
10:00-11:00 Bulstrode CLASSICAL PILATES Darren	08:00-08:45 Functional Area FORMULA 3 Seb	08:15-09:00 Rig/Tread SWEAT X Emily	08:00-08:45 Treadmill SPEED FIENDS Emily	07:45-08:30 Functional Area FORMULA 3 Seb	10:00-10:45 Bulstrode STRONG & SCULPTED Annelies
11:00-12:00 Bulstrode PULSE Shoshi	11:00-11:45 Functional Area AFTERBURNER Emily	10:30-11:30 Bulstrode VINYASA YOGA Richard	10:15-11:00 Bulstrode PULSE 45 Shoshi	09:00-09:55 Bulstrode CLASSICAL PILATES Darren	10:45-11:30 Cycle Space WATT BIKE SPRINTS Sandor
	11:45-13:00 Bulstrode VINYASA YOGA Ferdi	11:30-12:15 Functional Area AFTERBURNER Seb	11:00-11:45 Functional Area AFTERBURNER Airida	10:00-10:45 Bulstrode BARRE BURN Stephanie	10:50-11:35 Bulstrode STRONG & SCULPTED Annelies
					11:40-12:25 Bulstrode STRONG & SCULPTED Annelies
					12:30-13:00 Treadmill SPEED FIENDS 30 Annelies
11:15-12:00 Functional Area KETTLEBELLS Airida	12:00-12:45 Functional Area KETTLEBELLS Seb	12:15-13:00 Cycle Space WATT BIKE Pauw	12:00-12:45 Bulstrode EXTREME Airida	12:00-12:45 Bulstrode LEGS, GLUTES & ABS Julie	12:45-13:45 Bulstrode CLASSICAL PILATES Darren
12:00-13:00 Bulstrode VINYASA YOGA Richard	12:15-13:00 Cycle Space WATT BIKE Pauw	12:30-13:15 Cycle Space WATT BIKE SPRINTS Pauw	12:30-13:15 Cycle Space WATT BIKE SPRINTS Pauw	12:00-12:45 Functional Area FORMULA 3 Seb	14:00-14:45 Bulstrode BARRE BURN Claire H
12:00-12:45 Rig/Tread SWEAT X Seb	12:55-13:40 Rig/Tread SWEAT X Seb	12:30-13:25 Functional Area THE WOD Seb	12:55-13:40 Rig/Tread SWEAT X Airida	12:30-13:15 Cycle Space WATT BIKE SPRINTS Sandor	14:30-15:00 Treadmill SPEED FIENDS 30 Annelies
12:15-13:00 Cycle Space WATT BIKE Pauw	13:15-14:00 Bulstrode EXTREME Emily	13:15-14:15 Bulstrode HATHA YOGA Vinna	13:00-14:00 Bulstrode VINYASA YOGA Mary	12:55-13:40 Rig/Tread SWEAT X Seb	15:00-15:45 Functional Area AFTERBURNER Sandor
13:00-13:45 Functional Area AFTERBURNER Airida	13:25-14:10 Functional Area CALISTHENICS Goncalo	13:30-14:15 Functional Area SPEED FIENDS Sandor	13:45-14:15 Functional Area CORE 30 Airida	13:00-14:00 Bulstrode VINYASA YOGA Vinna	15:05-15:50 Bulstrode THE METHOD Annelies
13:05-13:50 Bulstrode FORCE Emily				15:00-16:00 Bulstrode YIN YOGA Vinna	16:00-17:00 Bulstrode EXHALE Richard
13:50-14:20 Functional Area CORE 30 Airida					
14:00-15:00 Bulstrode HATHA YOGA Ferdi					
					Sunday
					09:15-10:00 Functional Area STRETCH Airida
					10:10-10:55 Rig/Tread SWEAT X Airida
					10:30-11:30 Bulstrode HATHA YOGA David
17:15-18:00 Functional Area FORMULA 3 Airida	18:00-18:45 Rig/Tread SWEAT X Emily	17:45-18:45 Bulstrode VINYASA YOGA Richard	17:40-18:25 Bulstrode DYNAMIC PILATES Annelies	16:30-17:00 Functional Area CORE 30 Seb	11:15-11:45 Treadmill SPEED FIENDS 30 Sandor
18:00-18:45 Pool AQUA FIT Julie	18:00-19:00 Bulstrode EXHALE Reanne	18:00-18:45 Pool AQUA FIT Julie	18:15-18:45 Functional Area TRX STRONG Airida	17:05-17:50 Functional Area AFTERBURNER Seb	11:05-11:50 Cycle Space WATT BIKE SPRINTS Airida
18:15-19:00 Rig / Tread SWEAT X Airida	18:15-19:15 Cycle Space WATT BIKE Pauw	18:10-19:00 Functional Area THE WOD Charlie E	18:30-19:15 Bulstrode STRONG & SCULPTED Annelies	17:50-18:35 Bulstrode DYNAMIC PILATES Julie	11:45-12:30 Bulstrode LEGS, GLUTES & ABS Sandor
18:00-19:00 Bulstrode VINYASA YOGA Teresa	19:00-19:45 Functional Area AFTERBURNER Emily	19:00-19:30 Functional Area CORE 30 Sandor	19:00-19:45 Functional Area FORMULA 3 Airida		12:30-13:15 Functional Area AFTERBURNER Airida
19:10-20:05 Functional Area THE WOD Airida	19:15-20:00 Bulstrode BARRE BURN Stephanie	19:15-20:00 Rig/Tread SWEAT X Charlie E	19:20-19:50 Treadmill SPEED FIENDS 30 Annelies		13:30-14:15 Functional Area FORMULA 3 Airida
19:30-20:30 Bulstrode DYNAMIC PILATES Julie					15:00-16:15 Bulstrode VINYASA YOGA Saori
					16:30-18:00 Bulstrode YIN YOGA Saori

THIRD SPACE

Canary Wharf

Class schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>06:40-07:25 Woodways 06:45-07:30 Cycle Studio 06:45-07:30 Canada 07:00-07:45 Functional 07:10-08:10 M&B 07:30-08:15 Bank 07:40-08:25 Woodways 07:45-08:30 The Yard 08:35-09:20 Functional</p> <p>12:00-12:45 Bank 12:00-12:50 Jubilee 12:00-13:00 M&B 12:00-12:45 Canada 12:10-12:55 Woodways 12:15-13:00 Functional 12:30-13:15 The Yard 12:30-12:45 Core Zone 12:30-13:15 Cycle Studio 13:00-13:45 Bank 13:00-13:45 Canada 13:05-13:50 Pool 13:05-14:00 Jubilee 13:05-14:05 M&B 13:05-13:50 Woodways 13:30-14:15 The Yard 13:30-13:45 Core Zone 14:10-15:10 M&B</p> <p>16:30-17:15 The Yard 17:15-17:45 Bank 17:30-18:10 M&B 17:30-18:15 Cycle Studio 17:35-18:20 Woodways 18:00-18:15 Core Zone 18:00-19:00 Canada 18:05-18:50 Bank 18:15-19:00 M&B 18:15-19:00 Functional 18:30-19:15 Cycle Studio 18:30-19:30 Woodways 18:30-20:00 Combat 19:05-19:50 Functional 19:10-20:05 Bank 19:15-20:30 M&B 19:15-20:00 The Yard</p> <p>SPEED FIENDS (T) Alex M HARDCORE CYCLE FORMULA 3 (T) Alex X-TRAINING Alfie VINYASA YOGA David THE METHOD Steph SWEAT X (T) Alex M YARD WOD (T) Alex YARD KETTLEBELLS (T) Alex</p> <p>ZUMBA (T) Louisa HATHA YOGA Liz DYNAMIC PILATES Veronique EXTREME Kate SPEED FIENDS (T) Will AFTERBURNER Alex YARD WOD (T) Luke B CORE 15 Academy Trainer HARDCORE CYCLE Channah BARS & BELLS Kate FIGHTKLAB Chaz AQUA-FIT Louisa ANTENATAL YOGA Liz VINYASA YOGA (T) Jessica SWEAT X (T) Alex YARD KETTLEBELLS (T) Luke B CORE 15 Academy Trainer YIN YOGA Jessica</p> <p>YARD WOD (T) Kate CORE 30 Sally DYNAMIC PILATES Marie J REPS & REVS CYCLE Clare SPEED FIENDS (T) Sandor CORE 15 Academy Trainer FIGHTKLAB Chaz ULTRA SHOCK CIRCUIT Kate DYNAMIC PILATES (T) Marie J RIG FIT Arleigh POWERIDE Clare SWEAT X (T) Sandor KICKBOXING Wendie RIG FIT Arleigh PULSE Charlotte VINYASA YOGA David YARD WOD (T) Kate</p>	<p>06:30-07:15 Canada 07:00-08:00 Combat Zone 07:00-07:45 Pool 07:00-07:45 Cycle Studio 07:15-08:00 M&B 07:30-08:15 The Yard 07:30-08:15 Woodways 07:40-08:25 Canada 07:45-08:30 Bank 08:25-08:55 The Yard 10:30-11:30 M&B</p> <p>12:00-13:00 M&B 12:10-13:05 Canada 12:10-12:55 Bank 12:15-13:00 The Yard 12:15-13:00 Functional 12:15-13:00 Woodways 12:30-12:45 Core Zone 12:30-13:15 Cycle Studio 12:30-13:30 Combat 13:05-14:00 M&B 13:10-13:55 Woodways 13:10-14:00 Canada 13:10-13:55 Bank 13:15-14:00 The Yard 13:30-13:45 Core Zone 14:00-14:30 Natural Zone 14:05-14:35 Functional</p> <p>17:05-18:05 M&B 17:25-18:10 Canada 17:30-18:15 Bank 17:35-18:20 Cycle Studio 18:00-18:15 Core Zone 18:00-18:45 Functional 18:00-18:45 Woodways 18:20-19:35 M&B 18:25-19:10 The Yard 18:30-19:15 Bank 18:30-19:15 Cycle Studio 18:30-19:25 Canada 18:30-19:30 Canada 18:30-19:30 Combat 19:15-20:00 Functional 19:20-20:15 Bank 19:30-20:00 Natural Zone 19:45-20:45 M&B</p> <p>EXTREME Alex BOXING Chaz AQUA-FIT Helen HARDCORE CYCLE Will J DYNAMIC PILATES Marie J YARD STRONG (T) Alex SPEED FIENDS (T) Sally ULTRA SHOCK CIRCUIT Debbie BARRE-BURN Fran K YARD KETTLEBELLS (T) Alex Liz</p> <p>VINYASA YOGA Clare THE WOD Luke B LEGS, GLUTES & ABS (T) Janine YARD STRONG (T) Airda RIG FIT Arleigh SWEAT X (T) Alex CORE 15 Academy Trainer POWERIDE Channah BOXING Chaz CLASSICAL PILATES Sharon SPEED FIENDS (T) Airda METABURN Alex PULSE 45 Clare YARD KETTLEBELLS (T) Luke B CORE 15 Academy Trainer STRETCH Airda TRX FIT Alex</p> <p>YIN YOGA Elena EXTREME Airda PURE REPS Dairina HARDCORE CYCLE Susie CORE 15 Academy Trainer CALISTHENICS Denton SWEAT X (T) Sally VINYASA YOGA (T) David YARD STRONG (T) Airda LEGS, GLUTES & ABS (T) Dairina POWERIDE Susie THE WOD Sandor BOXING Chaz AFTERBURNER Sally DYNAMIC PILATES Veronique STRETCH Airda EXHALE David</p>	<p>06:20-07:05 Bank 07:00-07:45 Cycle Studio 07:00-08:00 M&B 07:10-07:55 Woodways 07:15-08:00 The Yard 07:15-08:00 Functional 07:15-08:00 Canada 07:45-08:30 Bank 08:05-08:50 M&B 08:15-09:00 Woodways</p> <p>12:05-12:50 Canada 12:05-12:50 Woodways 12:10-12:55 Bank 12:10-12:55 M&B 12:10-12:55 Cycle Studio 12:15-13:00 The Yard 12:30-13:15 Functional 12:30-12:45 Core Zone 12:45-13:30 Pool 13:00-14:00 M&B 13:05-13:50 Woodways 13:05-13:50 Bank 13:10-13:55 Canada 13:30-13:45 Core Zone</p> <p>16:15-17:15 M&B 17:05-17:35 Canada 17:15-18:15 Combat 17:30-18:30 M&B 17:35-18:20 Bank 17:40-18:25 Pool 17:45-18:30 Canada 17:45-18:30 Cycle Studio 18:00-18:15 Core Zone 18:00-18:45 Woodways 18:00-18:45 The Yard 18:30-19:30 Combat 18:35-19:20 Bank 18:35-19:20 Cycle Studio 18:35-19:35 M&B 18:45-19:30 Canada 19:00-19:45 The Yard 19:00-20:00 Woodways 19:15-20:00 Functional 19:35-20:20 Bank 19:40-20:40 M&B</p> <p>BARS & BELLS Daisy POWERIDE Channah VINYASA YOGA Amanda SPEED FIENDS (T) Will YARD KETTLEBELLS (T) Daisy X-TRAINING Alfie METABURN Debbie PULSE 45 Charlotte DYNAMIC PILATES Amanda SWEAT X (T) Will</p> <p>EXTREME Andy SWEAT X (T) Sally PULSE 45 Charlotte DYNAMIC PILATES (T) Lisa REPS & REVS CYCLE Pierre YARD WOD (T) Kate AFTERBURNER Daisy CORE 15 Academy Trainer AQUA-FIT Helen HATHA YOGA Suzan SWEAT X (T) Sally METABURN Pierre FORMULA 3 Kate CORE 15 Academy Trainer</p> <p>VINYASA YOGA Danielle CORE 30 Sally BOXING Danny CLASSICAL PILATES Sharon STREET DANCE Amelia AQUA-FIT Helen FORMULA 3 (T) Sally HARDCORE CYCLE Channah CORE 15 Academy Trainer SPEED FIENDS (T) Alex M YARD WOD (T) Stevie KICK BOXING Mike ZUMBA (T) Louisa POWERIDE Channah HATHA YOGA Sharon LEGS, GLUTES & ABS Amelia YARD KETTLEBELLS (T) Stevie SWEAT X (T) Alex M CALISTHENICS Denton ZUMBA STEP Louisa YIN YOGA Sharon</p>	<p>06:30-07:15 Canada 06:45-07:45 Combat 07:00-07:45 The Yard 07:00-07:45 Cycle Studio 07:00-08:00 M&B 07:30-08:15 Bank 07:30-08:15 Canada 08:00-08:45 The Yard 09:30-10:15 The Yard 10:30-11:30 Bank 11:30-12:30 M&B</p> <p>12:00-13:00 Combat 12:05-12:50 The Yard 12:10-12:55 The Yard 12:10-12:55 Cycle Studio 12:10-12:55 Bank 12:10-12:55 Woodways 12:10-12:55 Canada 12:15-13:00 Core Zone 12:35-13:35 M&B 13:05-13:50 Woodways 13:05-14:00 Bank 13:15-14:00 Canada 13:15-14:00 The Yard 13:30-13:45 Core Zone 13:40-14:40 M&B</p> <p>17:30-18:15 Canada 17:30-18:25 Bank 17:30-18:15 M&B 17:45-18:30 Woodways 18:00-18:45 Cycle Studio 18:30-19:25 Canada 18:30-19:30 Combat 18:30-19:30 M&B 18:40-19:25 Woodways 18:45-19:30 Functional 18:55-19:40 Bank 19:00-20:00 Pool 19:35-20:35 M&B</p> <p>LEGS, GLUTES & ABS Alex BOXING Chaz YARD STRONG (T) Luke B HARDCORE CYCLE Will J VINYASA YOGA David ULTRA SHOCK CIRCUIT Debbie FORMULA 3 (T) Alex YARD KETTLEBELLS (T) Luke B YARD STRONG (T) Alex AGE ACTIVE Fola YIN YOGA Ferdi</p> <p>BOXING Chaz YARD STRONG (T) Kate POWERIDE METABURN Charlie SPEED FIENDS (T) Will THE WOD Luke B RIG FIT Arleigh CORE 15 Academy Trainer VINYASA YOGA (T) Ferdie SWEAT X (T) Charlie REHAB PILATES Amanda BARS & BELLS Kate YARD KETTLEBELLS (T) Luke B CORE 15 Academy Trainer HATHA YOGA Ferdie</p> <p>BARS & BELLS Danny DYNAMIC PILATES Suzan BARRE-BURN Ian SPEED FIENDS (T) Jack POWERIDE Channah THE WOD Sandor THAI BOXING Mike VINYASA YOGA Elena SWEAT X (T) Jack AFTERBURNER Danny METABURN TRIATHLON SWIM Chris HATHA YOGA Elena</p>	<p>06:30-07:15 Canada 07:00-07:45 Functional 07:00-08:00 M&B 07:15-08:00 Cycle Studio 07:35-08:20 The Yard 08:30-09:00 Functional</p> <p>12:00-12:45 Bank 12:00-13:00 M&B 12:05-12:50 Canada 12:10-12:55 The Yard 12:10-12:55 Cycle Studio 12:15-13:00 Functional 12:15-13:00 Will 12:30-13:30 Combat 12:45-13:30 Pool 13:00-13:45 Functional 13:00-14:00 Jubilee 13:00-13:45 Canada 13:05-14:05 M&B 13:05-13:50 Bank 13:05-13:50 Bank 13:30-13:45 Core Zone 13:55-14:25 Functional</p> <p>17:25-18:10 Bank 17:45-18:30 Cycle Studio 17:45-19:00 M&B 18:00-18:15 Core Zone 18:15-19:00 Bank 18:35-19:20 Canada 18:45-19:30 Cycle Studio 19:30-20:30 Pool 19:30-20:30 M&B</p> <p>EXTREME Alex X-TRAINING Alfie VINYASA YOGA David HARDCORE CYCLE Andy METABURN Sally YARD WOD (T) Alex KETTLEBELLS Alex</p> <p>THE METHOD Amelia DYNAMIC PILATES Veronique LEGS, GLUTES & ABS Alex YARD WOD (T) Luke B HARDCORE CYCLE Channah CALISTHENICS Denton SPEED FIENDS (T) Will BOXING Chaz AQUA-FIT Sarah X-TRAINING Alfie ANTENATAL YOGA Liz EXTREME Luke B VINYASA YOGA Veronique SWEAT X (T) Alex DANCE-FIT Amelia CORE 15 Academy Trainer KETTLEBELLS Alex</p> <p>HOUSE DANCE Mila HARDCORE CYCLE Channah HATHA YOGA Suzan CORE 15 Academy Trainer HIP HOUSE DANCE Amelia ULTRA SHOCK CIRCUIT Danny REPS & REVS CYCLE Channah SWIMCAMP Julie VINYASA YOGA Danielle</p>	<p>09:00-09:45 Canada 09:05-10:05 M&B 09:15-10:15 Bank 10:15-11:00 Pool 10:15-11:15 Cycle Studio 10:15-11:15 M&B 10:30-11:30 The Yard 10:30-11:15 Canada 10:30-11:30 Bank 11:25-12:55 M&B 11:30-12:30 Combat 11:30-12:15 Cycle Studio 11:30-12:15 Canada 11:55-12:40 Bank 12:00-12:45 The Yard 12:15-13:00 Woodways 12:15-13:00 Functional 12:30-13:15 Cycle Studio 12:30-13:15 Canada 13:00-13:45 The Yard 13:00-14:00 Combat Zone 13:00-14:00 Bank 13:15-14:15 M&B</p> <p>09:45-10:45 Combat Zone 10:00-10:45 Canada 10:15-11:15 M&B 10:30-11:15 Pool 10:45-11:30 Bank 11:00-12:15 Canada 11:00-11:45 Cycle Studio 11:20-12:25 M&B 11:30-12:30 The Yard 11:45-12:45 Bank 12:00-12:45 Cycle Studio 12:30-13:30 M&B 12:50-13:35 Bank 13:00-13:45 Canada 13:00-13:45 The Yard 13:15-14:15 Woodways 13:35-14:35 M&B 14:40-15:40 M&B</p> <p>FORMULA 3 Alex VINYASA YOGA David STEP Leanne AQUA-FIT Louise POWERIDE Dairina VINYASA YOGA (T) David YARD CIRCUIT (WB) Alex & Lee BARS & BELLS Danny ZUMBA (T) Louisa HATHA YOGA (T) David KICKBOXING Mike HARDCORE Will J PURE REPS Dairina DANCE-FIT Amelia YARD KETTLEBELLS (WB) Alex SWEAT X (T) AFTERBURNER Lee REPS & REVS CYCLE Will J PURE REPS Dairina YARD WOD (WB) Alex BOXING Chaz DYNAMIC PILATES Suzan MEDITATION David</p>
					Sunday
					<p>BOXING Chaz EXTREME Luke B HATHA YOGA (T) Bassanti AQUA-FIT Sarah PULSE 45 Fran K FIGHTKLAB Chaz POWERIDE Joe H VINYASA YOGA (T) Bassanti YARD CIRCUIT (WB) Luke B & Daisy STEP Alex HARDCORE CYCLE Joe H EXHALE Bassanti AERO DANCE Alix BARS & BELLS Joe H YARD WOD (WB) Luke B SWEAT X (T) Alex M DYNAMIC PILATES Veronique VINYASA YOGA Veronique</p>

Canary Wharf

Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

METABURN

This high-intensity metabolic conditioning workout using a mix of weighted upper body and lower body exercises combined with cardio intervals for a super-toned body. Building up to 7 exercises or eliminating back down to build a lean and strong physique. Burn it, firm it.

SPEED FIENDS

No more pounding the treadmill for hours, get a lean and toned body fast! This class, designed in collaboration with an Olympic sprinter, will improve speed and power. Sections of progressive running interspersed with sprint intervals and inclines will torch calories working the whole body.

RIG FIT

Working on our purpose built frame and using calisthenics strength training, think gymnastic exercises like pull ups and monkey bar swings combined with classic moves like squats and push ups, this is a workout everyone should try.

AFTERBURNER

Need to add some variety into your workouts? Welcome to the Rig. The exercises you can do on the equipment in the functional training Rig area are limitless. Get ready to use TRX training, Plyo boxes, kettle bells and body weight exercises for this high intensity interval class that leaves you burning fat for hours.

TOTAL WIPEOUT

A full body circuit class with a wide range of resistance and cardiovascular exercises designed to max out.

X-TRAINING

Functional training using the Rig and body weight exercises. This class will work your strength and core stability and get you seriously fit in no time.

EXTREME

Push yourself to the limits. Get lean, get strong, and get fit with guaranteed results. A mobility warm up is followed by 4 sets of 4 exercises using light dumbbells and 1 minute extreme plyometric power intervals.

SWEAT X

The most effective way to define and sculpt your body. 20-25 mins interval training on the treadmill combined with 20-25 mins of conditioning work using

hand weights and dip bars to give the maximum fat burn torching up to 1000 calories.

CALISTHENICS

Before the invention of machines, barbells, and bench presses, mankind was getting strong and ripped using nothing more for resistance than bodyweight. Calisthenics celebrates movements that use the whole body cohesively, rather than attempting to isolate small body parts one at a time. Famous for pull-ups, muscle-ups, bar levers, and the human flag.

THE WOD

Your workout of the day. Expect 'EMOMs' and 'AMRAPs' as standard and be prepared to dig deep and push hard. Combining effective high intensity training and strength work in an encouraging and motivating environment.

FORMULA 3

This is the Formula to get you fit, fast. zA competitive, high intensity circuit with 3 targeted blocks, for a full spectrum workout. First, cardio on Concept2 rowing machines; Second, strength with kettlebells and dumbbells; Finally, athletic power and speed with bodyweight exercises. Get fit in 3... 2... 1.

YARD WOD

Conquer brutal AMRAPs and Max Calorie efforts in London's greatest functional playground. 5 teams working across 5 zones using AirBikes, Rowers, Plyo Boxes - the works.

YARD CIRCUITS

Our signature conditioning circuit brings all the toys to the Yard. 80 people working across 20 stations, a stellar soundtrack - this is the one to amp up your weekend.. First come, first served - arrive early to secure your wrist band in The Yard!

STRENGTH & CONDITIONING

THE METHOD

Designed to sculpt and tone the body working the arms, legs, glutes and core through the use of resistance loop bands. Exercises are performed in 3 different tempo variations enabling full muscle fibre recruitment to help strengthen the muscle and improve range of movement. The class ends with an ab blast finisher followed by a deep relaxing stretch.

BARS & BELLS

Warming up with dynamic mobility

exercises followed by a full body workout using dumbbells and a weighted bar. This class uses low reps and higher weights for strength based training to build lean muscle.

PURE REPS

Using the barbells and hand weights to work all major muscle groups for a lean and toned body. Low weights and high reps to feel the burn in all major muscle groups.

CORE 15 & 30

Don't expect to just lie on the floor in this class. If you want to improve your core strength and posture and look your AB-solute best this focused workout does just that.

LEGS, GLUTES & ABS

Tone up, firm up, and burn fat for a lean and strong lower body and abs.

TRX FIT

Looking for a perfect blend of strength and cardio? TRX Fit addresses the foundations of improving your cardio, building muscular endurance, and promoting weight loss. You'll experience endurance rounds, and "heart thumping" cardio challenges. This quintessential TRX experience will lead you down the road to your best all-round fitness.

KETTLEBELLS

A powerful full body workout, improve your core strength and muscular endurance. A range of Kettlebell exercises hit every major muscle, build power and shred body fat.

PULSE

"Not just another barre class..." Set to the beat of the music, this full body workout uses ballet and pilates inspired isometric strength training techniques to build and strengthen long, lean muscles.

YARD STRONG

Strongman challenges in a stadium atmosphere: it's a strength class like no other. Expect log bars, farmer carries and more across 10 stations. You'll blast beyond comfort zones and feel like a champion.

STUDIO CYCLING

REPS & REVS CYCLE

A full body workout on a bike, ride to the beat and enjoy yourself so much you forget you are working out. A variety of remixed dance tracks choreographed to exhilarate and challenge combined with an upper body workout using hand weights.

HARDCORE CYCLE

Push yourself to the max and feel the benefits. Taking on sprints and hills get ready for anaerobic attacks for a guaranteed heart pounding euphoric feeling.

POWERIDE

KNOWLEDGE IS POWER Poweride is a competitive group cycle class that uses live visual data to encourage maximum effort. Chase down your PB, chase down the best in the room.

MIND & BODY

VINYASA YOGA

Athletic vinyasa practice; dynamic, physically and spiritually energizing form of yoga that sculpts hones and tones every muscle in the body. Yoga techniques characterized by flowing poses and sequences that are linked to the breath.

HATHA YOGA

Using postures and conscious breathing in combination with mental focus to develop awareness, strength, flexibility and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength and a sense of well-being.

YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4 minutes for deep stretching of the body's connective tissues and joints.

MEDITATION

This class is a simple yet profound practice to meditation. Switch off and de-stress.

CLASSICAL PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life. Classical Pilates is based on the original classical mat series 34 exercises as designed by Josef Pilates

REHAB PILATES

Pilates is a blend of flexibility and strength training which improves posture and form and supports you with training, toning, recovering and in everyday life. Rehab Pilates is a slower paced Pilates class where the exercises are taught in more detail with a heavy focus on alignment and the improvement of poor posture.

DYNAMIC PILATES

Pilates is a blend of flexibility and strength

training which improves posture and form and supports you with training, toning, recovering and in everyday life. Dynamic Pilates takes the classical principles and applies them to functional movements to help support correct alignment both in sport and life.

BARRE BURN

Ballet-inspired movements help create a long, lean body. Conditioning and core is the focus. Feel the burn, see the results.

STRETCH

From gentle mobility to effective core training. The class focuses on deep and beneficial stretching. Ideal after a hard training session or hectic day

EXHALE

A 60 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation. Learn to slow down the mind with different breathing techniques, hatha flow yoga and varying styles of meditation.

COMBAT CLASSES

BOXING

Learn how to box with a combination of pad work, cardio drills and body resistance fitness. Please bring your wraps or purchase them at reception.

FIGHTKLAB

Join this high energy class that takes you through boxing moves using the free-standing punch bags. Boxing gloves are highly recommended for this class.

KICKBOXING

Perfect your punching and kicking techniques and improve your overall fitness in this class.

THAI BOXING (Muay Thai)

Muay Thai or Thai Boxing is the national sport and cultural martial art of Thailand. This form is an intense conditioning full-body workout, focusing largely on the technical aspect of the martial art.

DANCE

STEP

Suitable for all levels with a variety of moves that will keep you progressing. A fun loving and energy bursting step class!

ZUMBA

Zumba is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves

and dynamic combinations that allow you to dance away your worries.

It is based on the principle that a workout should be "Fun and Easy to Do".

ZUMBA STEP

Suitable for all levels with a variety of moves that will keep you progressing. A fun loving and energy bursting Zumba fuelled step class! No Dance experience needed..

HIP-HOUSE DANCE

This is a class for everyone to enjoy. It is a fusion of stylised dance and exercise to music that enables you to learn a dance routine easily. All set to the latest and hottest beats of House music.

STREET DANCE

Let it all go, lose yourself in the music and feel like a superstar. Learn some urban moves to take you from the studio to the club. No dance experience needed.

DANCE-FIT

High intensity cardio dance class open to all levels of fitness and dance.

SPECIALIST & POOL

AQUA-FIT

A circuit boot camp class in the water. Use the resistance of the water to work harder on your muscles.

AGE ACTIVE

A total-body workout for the older adult at any fitness level. Designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

SWIMCAMP

This swimming session is for those who are looking to further improve or develop the fundamentals of the stroke swimming training. Sessions can be catered from development to training level.

ANTENATAL YOGA

A class tailor made for pregnancy, using all the traditional principles of yoga.

THE YARD

Class schedule

Day	Time	Class	Trainer
MONDAY	07:45-08:30	YARD WOD (T)	Alex
	08:35-09:20	YARD KETTLEBELLS (T)	Alex
	12:30-13:15	YARD WOD (T)	Luke B
	13:30-14:15	YARD KETTLEBELLS (T)	Luke B
	16:30-17:15	YARD WOD (T)	Kate
	19:15-20:00	YARD WOD (T)	Kate
TUESDAY	07:30-08:15	YARD STRONG (T)	Alex
	08:25-08:55	YARD KETTLEBELLS (T)	Alex
	12:15-13:00	YARD STRONG (T)	Airida
	13:15-14:00	YARD KETTLEBELLS (T)	Luke B
	18:25-19:10	YARD STRONG (T)	Airida
WEDNESDAY	07:15-08:00	KETTLEBELLS (T)	Daisy
	12:15-13:00	YARD WOD (T)	Kate
	18:00-18:45	YARD WOD (T)	Stevie
	19:00-19:45	YARD KETTLEBELLS (T)	Stevie
THURSDAY	07:00-07:45	YARD STRONG (T)	Luke B
	08:00-08:45	KETTLEBELLS (T)	Luke B
	09:30-10:15	YARD STRONG (T)	Alex
	12:05-12:50	YARD STRONG (T)	Kate
	13:15-14:00	KETTLEBELLS (T)	Luke B
FRIDAY	07:35-08:20	YARD WOD (T)	Alex
	12:10-12:55	YARD WOD (T)	Luke B
SATURDAY	10:30-11:30	YARD CIRCUIT (WB)	Alex & Lee
	12:00-12:45	YARD KETTLEBELLS (WB)	Alex
	13:00-13:45	YARD WOD (WB)	Alex
SUNDAY	11:30-12:30	YARD CIRCUIT (WB)	Luke B & Daisy
	13:00-13:45	YARD WOD (WB)	Luke B

Policy

(T) Token is required which can be collected from the concierge desk 15 minutes prior to the class start.

(WB) Wristband is required which can be collected from the The Yard 15 minutes prior to the class start or 30mins prior to Yard Circuit.

Please be on time for all Yard classes.

City Class Schedule

April - June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:15 Rig	AFTERBURNER Will J	6:30-6:45 PERFORMANCE CYCLE Perf Cycle Stacey	6:30-7:10 HIIT Studio Joe	6:30-7:25 HIIT Studio Joe	6:30-7:15 Rig Callum	10:00-10:55 Mind & Body Emily W
6:30-7:15 Mind & Body	VINYASA YOGA Ashley A	6:30-7:15 SWEAT X Rig Joe	6:30-7:15 Cycle Joe H	6:45-7:30 Mind & Body Karen	6:45-7:30 HIIT Studio Kate	10:00-10:45 Rig Joe H
6:40-7:25 HIIT	BARS & BELLS Eve	6:30-7:15 METABURN HIIT Studio Danny	6:45-7:30 Mind & Body Emily W	7:00-7:45 Rig Will T	6:45-7:30 Mind & Body Lydia	11:00-11:45 Cycle Joe H
6:45-7:30 Dojo	BOXING Andy	6:30-7:30 HOT HATHA YOGA Mind & Body Danielle	7:00-7:45 Cycle Joe H	7:30-8:15 Cycle Danny	7:30-8:15 Cycle Chris S	11:00-11:45 Treadmills Charlie E
7:30-8:15 Cycle	POWERIDE Will J	7:00-7:45 BRAZILIAN JIU JITSU Dojo Marek	7:00-7:45 Dojo Andy	7:45-8:30 HIIT Studio Shinead	7:30-8:15 Rig Callum	11:00-11:45 HIIT Studio Janine
7:30-8:15 Mind & Body	DYNAMIC PILATES Karen	7:30-8:25 FORMULA 3 HIIT Studio Danny	7:25-8:10 Rig Joe	7:45-8:45 Mind & Body Emily W	7:45-8:40 HIIT Studio Kate	11:15-12:15 EXHALE Emily W
7:35-8:20 HIIT Studio	THE METHOD Emma	7:30-8:15 HARDCORE CYCLE Cycle Stacey	7:30-8:15 HIIT Studio Shinead	7:50-8:35 Rig Charlie E	7:45-8:30 Mind & Body Fallon	12:00-12:45 Cycle Joe H
7:35-8:20 Treadmills	SPEED FIENDS Eve P	7:45-8:30 KETTLEBELLS 45 Rig Joe	7:45-8:40 Mind & Body Emily W		8:20-8:50 Rig Callum	12:00-12:45 HIIT Studio Janine
7:45-8:30 Rig	KETTLEBELLS Andy	7:45-8:45 HOT VINYASA YOGA Mind & Body Danielle	8:15-9:00 Treadmills Joe			12:30-13:15 Rig Danny
8:25-8:55 Dojo	CORE 30 Eve	8:35-9:05 TRX FIT Rig Joe				13:00-14:00 Mind & Body Vivianne
						13:30-14:25 HIIT Studio Danny
						14:15-15:15 Mind & Body Jessica B
						15:30-16:30 Mind & Body Jessica B
12:05-13:00 Mind & Body	PULSE Clare W	12:10-12:55 FORCE Rig Eve	12:10-12:55 Rig Joe	12:10-12:55 Rig Joe	12:10-12:55 Cycle Eve P	12:05-12:55 REPS & REVS Eve P
12:10-12:55 HIIT Studio	LEGS, GLUTES, ABS Eve	12:05-12:50 TRX MAX Rig Joe	12:15-13:00 Mind & Body Liz	12:15-13:00 HIIT Studio Liz	12:15-13:00 Mind & Body David	12:15-13:00 HIIT Studio Faye
12:15-13:00 Rig	SWEAT X Joe	12:30-12:45 SPEED FIENDS Treadmills Will J	12:10-12:55 HIIT Studio Eve	12:15-13:00 Mind & Body Eve	12:15-13:00 Mind & Body Emily W	12:15-13:00 Mind & Body Emily W
12:15-13:00 Dojo	BRAZILIAN JIU JITSU Marek	12:30-13:15 HOT HATHA YOGA Mind & Body Liz	12:30-13:15 Dojo Danny	12:10-12:55 Cycle Danny	12:15-13:00 Rig Danny	12:15-13:00 Rig Danny
13:10-13:55 Cycle	REPS & REVS Eve	12:30-13:15 PERFORMANCE CYCLE Perf Cycle Stacey	13:10-13:55 Rig Joe	12:30-13:15 Perf Cycle Leah	12:30-13:15 Dojo Will T	12:30-13:15 Dojo Will T
13:10-13:55 HIIT	EXTREME Shinead	13:10-14:50 WOD CHIPPER HIIT Studio Joe	13:10-13:55 Cycle Eve	13:10-14:05 HIIT Studio Joe	13:15-14:00 HIIT Studio Faye	13:15-14:00 HIIT Studio Faye
13:15-14:00 Dojo	KICKBOXING Paul	13:10-13:55 POWERIDE Cycle Eve	13:15-14:00 HIIT Janine	13:10-13:55 Treadmills Danny	13:10-13:55 Rig Eve	13:10-13:55 Rig Eve
13:15-14:00 Rig	KETTLEBELLS Joe	13:15-14:00 AFTERBURNER Rig Danny	13:15-14:00 Mind & Body Liz	13:15-14:00 Mind & Body David	13:15-14:30 Mind & Body Emily W	13:15-14:30 Mind & Body Emily W
13:15-14:00 Mind & Body	HATHA YOGA Clare W	13:30-14:15 HOT CLASSICAL PILATES Mind & Body Liz	14:00-14:30 Rig Joe	13:15-14:00 Mind & Body Dojo Andy		
14:00-14:30 Rig	CORE 30 Eve	14:00-14:30 CORE 30 Dojo Eve	16:00-17:00 Mind & Body Fallon			
16:00-16:45 HIIT Studio	FORMULA 3 Joe	16:00-16:45 FORCE HIIT Studio Shinead	16:00-16:45 Cycle Eve			
16:00-17:00 Mind & Body	VINYASA YOGA Lydia	16:00-17:00 YIN YOGA Mind & Body Emily				
17:30-18:15 HIIT	METABURN Shinead	17:30-18:25 PULSE Mind & Body Eve	17:30-18:00 HIIT Studio Eve	17:30-18:15 Rig Joe	17:30-18:15 Treadmills Eve	17:30-18:15 Treadmills Eve
17:30-18:00 Dojo	CORE 30 Joe	17:45-18:30 SWEAT X Rig Danny	17:45-18:30 Rig Joe H	17:30-18:15 HIIT Studio Richard	17:30-18:15 Mind & Body Vivianne	17:30-18:15 Mind & Body Vivianne
18:00-18:45 Cycle	POWERIDE Channah	17:45-18:30 POWERIDE Cycle Leah	17:45-18:40 Mind & Body Clare W	17:30-18:15 Cycle Stacey	18:00-18:55 Cycle Sandor	18:00-18:55 HIIT Studio Sandor
18:00-19:00 Mind & Body	HOT VINYASA YOGA Lydia	17:45-18:30 EXTREME HIIT Studio Shinead	18:00-18:45 Dojo Marek	17:45-18:45 Mind & Body Richard	18:30-19:30 Mind & Body Jessica B	18:30-19:30 Mind & Body Jessica B
18:15-19:00 Dojo	BOXING Will T	18:15-19:00 BOXING Dojo Will T	18:15-19:00 HIIT Studio Eve	17:45-18:45 Dojo Paul	18:30-19:15 Cycle Eve	18:30-19:15 Cycle Eve
18:20-19:15 HIIT Studio	FORMULA 3 Joe	18:40-18:25 BARS & BELLS HIIT Studio Eve	18:30-19:15 Cycle Will J	18:30-19:15 HIIT Studio Faye	19:20-19:50 Rig Eve	19:20-19:50 Rig Eve
18:30-19:15 Rig	SWEAT X Sally	18:45-19:30 KETTLEBELLS Rig Danny	19:00-19:45 Cycle Will T	18:30-19:15 HIIT Studio Will T		
19:00-19:45 Cycle	HARDCORE CYCLE Channah	18:45-19:30 REPS & REVS Rig Danny	19:00-20:00 Mind & Body Clare W	18:30-19:15 Rig Joe	18:30-19:15 Cycle Stacey	18:30-19:15 Cycle Stacey
19:15-20:15 Mind & Body	HOT DYNAMIC PILATES Fallon	19:05-19:50 KICKBOXING Cycle Leah	19:15-20:00 Treadmills Eve P	18:50-19:35 Dojo Marek	18:50-19:35 Dojo Marek	18:50-19:35 Dojo Marek
19:30-20:15 Rig	KETTLEBELLS Joe	19:30-20:00 CORE 30 HIIT Studio Eve	19:15-20:10 HIIT Studio Joe H	19:00-20:00 Mind & Body Richard T	19:00-20:00 Mind & Body Richard T	19:00-20:00 Mind & Body Richard T
19:30-20:15 HIIT Studio	FORCE Sally	19:30-20:30 HATHA YOGA Mind & Body Liz		19:30-20:15 Treadmills Joe	19:30-20:15 Treadmills Joe	19:30-20:15 Treadmills Joe

THIRD SPACE