

THE YARD

Class schedule

Day	Start	Class	Studio	Instructor
MONDAY	12:30-13:15	YARD WOD (T)	The Yard	Luke B
	13:30-14:15	KETTLEBELLS (T)	The Yard	Luke B
	19:15-20:00	YARD WOD (T)	The Yard	Kate
TUESDAY	07:30-08:15	YARD STRONG (T)	The Yard	Alex
	12:15-13:00	YARD STRONG (T)	The Yard	Airida
	13:15-14:00	KETTLEBELLS (T)	The Yard	Luke B
	18:25-19:10	YARD STRONG (T)	The Yard	Airida
WEDNESDAY	12:15-13:00	YARD WOD (T)	The Yard	Kate
THURSDAY	07:00-07:45	YARD STRONG (T)	The Yard	Luke B
	08:00-08:45	KETTLEBELLS (T)	The Yard	Luke B
	12:05-12:50	YARD STRONG (T)	The Yard	Kate
	13:15-14:00	KETTLEBELLS (T)	The Yard	Luke B
FRIDAY	07:35-08:20	YARD WOD (T)	The Yard	Alex
	12:10-12:55	YARD WOD (T)	The Yard	Luke B
SATURDAY	10:30-11:30	YARD CIRCUIT	The Yard	Alex
	12:00-12:45	KETTLEBELLS (T)	The Yard	Alex
SUNDAY	11:30-12:30	YARD CIRCUIT	The Yard	Luke B

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

Policy

Please be on time for all Yard classes.