



grown ups studio timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
grown ups strength & tone 07:00 - 07:45 Ralph	grown ups pilates 07:00 - 07:45 Sophie	grown ups 4d pro bungee 07:00 - 07:45 Jordan	grown up hiit 07:55 - 08:40 Lily	grown ups yoga 08:00 - 08:45 Alex		grown ups strength & tone 08:00 - 08:45 Ralph
grown ups barre 08:00 - 08:45 Jordan	grown ups 4d pro bungee 07:55 - 08:40 Sophie	grown ups barre 07:55 - 08:40 Jordan	grown ups yoga 09:30 - 10:15 Melissa	grown up yoga 12:45 - 13:30 Melissa		
grown ups hiit 09:15 - 10:00 Jordan	grown ups boxfit 10:40 - 11:25 Alex	grown ups 4d pro bungee 09:30 - 10:15 Lily	grown ups 4d pro bungee 12:45 - 13:30 Ralph			
grown ups postnatal strength & tone 10:50 - 11:35 Jordan	grown ups hiit 12:45 - 15:30 Ralph	grown ups postnatal yoga 10:45 - 11:30 Melissa	grown ups hiit 19:00 - 19:45 Charlie			
grown ups 4d pro bungee 11:45 - 12:30 Jordan	grown ups dancefit 18:00 - 18:45 Silva	grown ups boxfit 13:30 - 14:15 Ralph	grown ups Pilates 19:00 - 19:45 Emily			
grown ups strength & tone 12:45 - 13:30 Alex	grown ups tone 19:00 - 19:45 Silva	grown ups 4d pro bungee 17:45 - 18:30 Ralph				
grown ups pilates 13:35 - 14:20 Gina	grown ups yoga 19:00 - 19:45 Alex H					
grown ups boxfit 18:00 - 18:45 Alex						
grown ups yoga 19:00 - 19:45 Hannah						