Marylebone

Class Schedule

April - June

2019

Monday

06:45-07:15 Functional Area	TRX FIT Seb
07:15-08:00 Cycle Space	WATT BIKE SPRINTS Pauw
07:30-08:25 Functional Area	THE WOD Seb
10:00-11:00 Bulstrode	CLASSICAL PILATES Darren
11:05-12:00 Bulstrode	PULSE Shoshi
11:15-12:00 Functional Area	KETTLEBELLS Airida
12:00-13:00 Bulstrode	VINYASA YOGA Richard
12:00-12:45 Rig/Tread	SWEAT X Seb
12:15-13:00 Cycle Space	WATT BIKE Pauw
13:00-13:45 Functional Area	AFTERBURNER Airida
13:05-13:50 Bulstrode	FORCE Emily
13:50-14:20 Functional Area	CORE 30 Airida
14:00- 15:00 Bulstrode	HATHA YOGA Ferdi
17:15-18:00 Functional Area	FORMULA 3 Airida
18:00-18:45 Pool	AQUA FIT Julie
18:15-19:00 Rig / Tread	SWEAT X Airida
18:00-19:00 Bulstrode	VINYASA YOGA Teresa
19:10-20:05 Functional Area	THE WOD Airida
19:30-20:30 Bulstrode	DYNAMIC PILATES Julie

Tuesday

07:00-07:45 Treadmill	SPEED FIENDS Seb
07:00-08:00 Bulstrode	HATHA YOGA Vinna
07:15-08:00 Cycle Space	WATT BIKE Scott
08:00-08:45 Functional Area	FORMULA 3 Seb
11:00-11:45 Functional Area	AFTERBURNER Emily
11:45-13:00 Bulstrode	VINYASA YOGA Ferdi
12:00-12.45 Functional Area	KETTLEBELLS Seb
12:15-13:00 Cycle Space	WATT BIKE Pauw
12:55-13:40 Rig/Tread	SWEAT X Seb
13:15-14:00 Bulstrode	EXTREME Emily
13:25-14:10 Functional Area	CALISTHENICS Goncalo
18:00-18:45 Rig/Tread	SWEAT X Emily
18:00-19:00 Bulstrode	EXHALE Reanne
18:15-19:15 Cycle Space	WATT BIKE Pauw
19:00-19:45 Functional Area	AFTERBURNER Emily
19:15-20:00 Bulstrode	BARRE BURN Stephanie

Wednesday

07:15-08:15 Cycle Space	WATT BIKE Pauw
07:15-08:00 Functional Area	CALISTHENICS Goncalo
07:15-08:00 Bulstrode	FORCE Emily
08:15-09:00 Rig/Tread	SWEAT X Emily
10:30-11:30 Bulstrode	VINYASA YOGA Richard
11:30-12:15 Functional Area	AFTERBURNER Seb
12:15-13:00 Bulstrode	LEGS, GLUTES & ABS Julie
12:30-13:15 Cycle Space	WATT BIKE SPRINTS Pauw
12:30-13:25 Functional Area	THE WOD Seb
13:15-14:15 Bulstrode	HATHA YOGA Vinna
13:30-14:15 Functional Area	SPEED FIENDS Sandor
17:45-18:45 Bulstrode	VINYASA YOGA Richard
18:00-18:45 Pool	AQUA FIT Julie
18:10-19:05 Functional Area	THE WOD Charlie E
19:05-19:35 Functional Area	CORE 30 Sandor
19:15-20:00 Rig/Tread	SWEAT X Charlie E

Thursday

07:00-08:00 Bulstrode	CLASSICAL PILATES Darren
07:00-07:45 Rig/Tread	SWEAT X Emily
07:30-08:15 Cycle Space	WATT BIKE Pauw
08:00-08:45 Treadmill	SPEED FIENDS Emily
10:15-11:00 Bulstrode	PULSE 45 Shoshi
11:00-11:45 Functional Area	AFTERBURNER Airida
12:00-12:45 Bulstrode	EXTREME Airida
12:30-13:15 Cycle Space	WATT BIKE SPRINTS Pauw
12:55-13:40 Rig/Tread	SWEAT X Airida
13:00-14:00 Bulstrode	VINYASA YOGA Mary
13:45-14:15 Functional Area	CORE 30 Airida
17:40-18:25 Bulstrode	DYNAMIC PILATES Annelies
18:15-18:45 Functional Area	TRX STRONG Airida
18:30-19:15 Bulstrode	STRONG & SCULPTED Annelies
19:00-19:45 Functional Area	FORMULA 3 Airida
19:20-19:50 Treadmill	SPEED FIENDS 30 Annelies

Friday

06:45-07:30 Functional Area	AFTERBURNER Seb
07:00-07:45 Cycle Space	WATT BIKE Pauw
07:30-08:15 Bulstrode	FORCE Emily
07:45-08:30 Functional Area	FORMULA 3 Seb
09:00:09:55 Bulstrode	CLASSICAL PILATES Darren
10:00-10:45 Bulstrode	BARRE BURN Stephanie
12:00-12:45 Bulstrode	LEGS, GLUTES & ABS Julie
12:00-12:45 Functional Area	FORMULA 3 Seb
12:30-13:15 Cycle Space	WATT BIKE SPRINTS Sandor
12:55-13:40 Rig/Tread	SWEAT X Seb
13:00-13:45 Pool	AQUA FIT Julie
13:00-14:00 Bulstrode	VINYASA YOGA Vinna
15:00-16:00 Bulstrode	YIN YOGA Vinna
16:30-17:00 Functional Area	CORE 30 Seb
17:05-17:50 Functional Area	AFTERBURNER Seb
17:50-18:35 Bulstrode	DYNAMIC PILATES Julie

Saturday

08:45-09:45 Bulstrode	HATHA YOGA Ferdi
09:00-09:30 Functional Area	TRX STRONG Sandor
09:45-10:30 Rig/Tread	SWEAT X Sandor
10:00-10:45 Bulstrode	STRONG & SCULPTED Annelies
10:45-11:30 Cycle Space	WATT BIKE SPRINTS Sandor
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
12:45-13:45 Bulstrode	CLASSICAL PILATES Darren
14:00-14:45 Bulstrode	BARRE BURN Claire H
14:30-15:00 Treadmill	SPEED FIENDS 30 Annelies
15:00-15:45 Functional Area	AFTERBURNER Sandor
15:05-15:50 Bulstrode	THE METHOD Annelies
16:00-17:00 Bulstrode	EXHALE Richard

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
11:15-11:45 Treadmill	SPEED FIENDS 30 Sandor
11:05-11:50 Cycle Space	WATT BIKE SPRINTS Airida
11:45-12:30 Bulstrode	LEGS, GLUTES & ABS Sandor
12:30-13:15 Functional Area	AFTERBURNER Airida
13:30-14:15 Functional Area	FORMULA 3 Airida
15:00-16:15 Bulstrode	VINYASA YOGA Saori
16:30-18:00 Bulstrode	YIN YOGA Saori

THIRD SPACE