IslingtonClass Schedule

15 Metaburn	ıday			Tuesd	шу			Wednes	suay			Thursd	ay			Frida	y			Saturda	ıy	
	Joe	HIIT	6:15	The WOD	Joe	HIIT	6:15	Metaburn	Amy L	HIIT	6:15	Formula 3	Seb	HIIT	6:15	Kettlebells	Adrien	HIIT	8:10	Lift	Lydia A	Н
30 Hot Vinyasa Yoga	Ashley	Hot	6:30	Hot Vinyasa Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teresa	Hot	6:30	Hot Yin Yoga	Miranda	Hot	6:30	Hot Hatha Yoga	Teresa	Hot	8:30	Hot Vinyasa Yoga	Teresa	Н
Poweride	Vicky	Cycle	6:45	5 Just Ride	Lisa	Cycle	6:45	Hardcore Cycle	Channah	Cycle	6:45	Hardcore Cycle	Vicky T	Cycle	6:45	Poweride	Lisa	Cycle	8:45	Poweride	Eve	C
LGA	Jermimah	LS	7:00	Metaburn	Matteo	LS	7:00	Pulse	Rachel L	M&B	7:00	Classical Pilates	Terry	M&B	7:00	Pulse	Rachel L	M&B	9/10am	Metaburn (OC)	Charmaine	. 0
Pulse	Lewis	M&B	7:00	The Method	Rachel	M&B	7:00	Lift	Nat V	LS	7:00	Extreme	Nat L	LS	7:00	LGA	Seb	LS	9:10	Hatha Yoga	Gillian	M
Kettlebells	Joe	HIIT	7:15	Extreme	Joe	HIIT	7:15	The WOD	Adam	HIIT	7:15	Metaburn	Adam	нпт	775	Extreme	Adrien	нпт	9:10	Extreme	Adrien	Н
	Ashlev	Hot		Hot Dynamic Pilates	Miranda	Hot		Hot Vinvasa Yoga	Teresa	Hot		Hot Vinvasa Yoga	Miranda	Hot		Hot Vinyasa Yoga	Teresa	Hot		Hot Hatha Yoga	Teresa	ŀ
							7:30				,,,	,							9:30			
Hardcore Cycle	Vicky	Cycle	7:45		Lisa	Cycle	7:45	Poweride	Channah	Cycle	7:45	Poweride	Vicky T	Cycle		Just Ride	Lisa	Cycle	9:45	Just Ride	Eve	
n Extreme (OC)	Charmaine	Outdoor	7/8an	m WOD (OC)	Jemimah	Outdoor	7/8am	Metaburn	Liam	Outdoor	7/8am	WOD	Alex	Outdoor	7/8am	Extreme (OD)	Jemimah	Outdoor	10:10	Sweat X	Adam	
The Method	Lewis	M&B	8:00	Pulse	Rachel	M&B	8:00	Method	Rachel L	M&B	8:00	Dynamic Pilates	Terry	M&B	8:00	The Method	Rachel L	M&B	10:10	The Method	Gillian	
5 Formula 3	Joe	HIIT	8:15	Kettlebells	Joe	HIIT	8:15	Lift	Adam	HIIT	8:15	The WOD	Adam	HIIT	8:15	Metaburn	Adrien	HIIT	10:10	Kettlebells	Adrien	
o Hot Hatha Yoga	Teresa	Hot	8:30	Hot Vinyasa Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teresa	Hot	8:30	Hot Hatha Yoga	Miranda	Hot	8:30	Hot Hatha Yoga	Teresa	Hot	10:30	Hot Vinyasa Yoga	Teresa	
5 Speed Fiends	Seb	Treads	8:45	Sweat X	Matteo	Treads	8:45	Speed Fiends	Chris	Treads	8:45	Sweat X	Nat L	Treads	8:45	Speed Fiends	Seb	Treads	10:45	Poweride	Eve	
5 Hardcore Cycle	Vicky	Cycle	8:45	5 Just Ride	Heather	Cycle	8:45	Just Ride	Channah	Cycle	8:45	Poweride	Vicky T	Cycle	8:45	Hardcore Cycle	Lisa	Cycle	11:10	Speed Fiends	Adam	
o Lift	Jemimah	HIIT	9:40		Clare W	Hot	9:40	Hardcore Cycle	Channah	Cycle	9:40	Hot Classical Pilates	Aurora	Hot		Hot Vinyasa Yoga	Teresa	Hot	11:10	Dynamic Pilates	Gillian	
		Hot		-						HIIT	- 1					· · ·		M&B			Adrien	
o Hot Vinyasa Yoga	Teresa		9:40	•	Lisa	Cycle	9:40	Extreme	Adam		9:40	Hardcore Cycle	Vicky T	Cycle	9:40	Pulse	Rachel L		11:10	Metaburn		
o Poweride	Vicky	Cycle	9:40	Vinyasa Yoga	Eithne	M&B	9:40	Hot Vinyasa Yoga	Teresa	Hot	9:40	The Method	Clare W	M&B	9:40	Skills & Drills	Arvids	Pool	11:30	Hot Rehab Pilates	Ami	
Dynamic Pilates	Jess	M&B	10:40	o Force	Joe	HIIT	9:40	Skills & Drills	Chris	Pool	10:40	Kettlebells	Adam	HIIT	10:40	Formula 3	Adrien	HIIT	12:10	Vinyasa Yoga	Gillian	1
o Vinyasa Yoga	Teresa	M&B	10:40	o Hatha Yoga	Eithne	M&B	10:40	Hot Dynamic Pilates	Jess	Hot	10:40	Vinyasa Yoga	Clare W	M&B	10:40	Yin Yoga	Eithne	M&B	12:10	Force	Eve	
o Force	Joe	HIIT					9:40	Hatha Yoga	Eithne	M&B									12:30	Hot Vinyasa Yoga	Ami	
							10:40	Sweat-X	Chris	Rig									13:10	Sweat X	Adam	
																			13:10	Vinyasa Yoga	Cathy	
			_																13:15	Lift	Adrien	
o Hot Hatha Yoga	Long	Hot		. Hat Vierrana Vana	Clare W	Hot		Hot Yin Yoga	Jess	Hot		Vincence Vere	Aurora	M&B	12:15	1:4	Adrien	нпт		Hot Classical Pilates	Eve	
	Jess			Hot Vinyasa Yoga			11:30					Vinyasa Yoga							13:30			
oo Hatha Yoga	Teresa	M&B		o Classical Pilates	Ami	M&B	12:00	Pulse	Rachel	M&B		The WOD	Adam	HIIT		Vinyasa Yoga	Eithne	M&B	14:15	Core 45	Adrien	
5 Extreme	Adrien	HIIT	12:15	5 Lift	Adrien	HIIT		Kettlebells	Adam	HIIT	12:30	Hot Vinyasa Yoga	Clare W	Hot		Hot Rehab Pilates	Aurora	HOT	14:30	Hot Vinyasa Yoga	Cathy	
o Hot Vinyasa Yoga	Jess	Hot	12:30	o Hot Hatha Yoga	Clare W	HOT	12:30	Hot Rehab Pilates	Jess	Hot	12:45	Hardcore Cycle	Channah	Cycle	12:45	Just Ride	Maria	Cycle	15:15	Formula 3	Adam	
45 Hardcore Cycle	Joe	Cycle	12:45	5 Just Ride	Joe	Cycle	12:45	Poweride	Joe	Cycle	13:00	Yin Yoga	Aurora	M&B	13:00	Yin Yoga	Eithne	M&B	15:30	Hot Hatha Yoga	Cathy	
oo Vinyasa Yoga	Teresa	M&B	13:00	o The Method	Faye	M&B	13:00	Hatha Yoga	Eithne	M&B	13:15	Formula 3	Adam	HIIT	13:30	Hot Dynamic Pilates	Aurora	Hot	16:15	The WOD	Adam	
15 Lift	Adrien	HIIT	13:15	5 Formula 3	Adrien	HIIT	13:15	The WOD	Adam	HIIT	13:30	Hot Yin Yoga	Clare W	Hot	13:15	Extreme	Adam	HIIT				
30 Hot Yin Yoga	Jess	Hot	13:30	Hot Yin Yoga	Clare W	Hot	13:30	Hot Vinyasa Yoga	Jess	Hot	14:15	LGA	Fitz	HIIT	13:45	Just Ride	Maria	Cycle		Sunda	V	
oo The Method	Fitz	M&B	14:15	5 Force	Fitz	HIIT	12:45	Just Ride	Susie	Cycle	15'15	Core 45	Fitz	HIIT	14:45	Sweat-X	Adam	Rig			,	_
:15 Core 45	Fitz	HIIT		5 Core 45	Fitz	HIIT	*3-45	Just Mac	Olisic	Oyele	19.19	0012 45	1111	••••	*4-45	Onem A		N.B	8:10	Lift	Nat V	1
15 Core 45	FITZ	нии	15:15	Core 45	FIIZ	нш																
																			9/10am		Airida	•
																			9:10	LGA	Nat V	1
10 LGA	Fitz	HIIT	16:10	D LGA	Fitz	HIIT	16:10	Hot Rehab Pilates	Terry	Hot	16:10	Force	Fitz	HIIT	16:10	Metaburn	Adam	HIIT	9:10	Hot Dynamic Pilates	Vivi	ŀ
no Pulse	Rachel	M&B	16:10	Dymanic Pilates	Vivianne	M&B	16:10	Hatha Yoga	Miranda	M&B	16:10	Method	Rachel	M&B	16:10	Pulse	Lewis	M&B	9:45	Poweride	Joe	(
10 Hot Dynamic Pilates	Vivi			W . D . 1	Aurora		16:10	Kettlebells	Maria	HIIT	16:10	Hot Vinyasa Yoga	Gillian	Hot	16:10	Hot Rehab Pilates	Aurora	Hot	10:10	Vinyasa Yoga	Cathy	1
		Hot	16:10	Hot Rehab Pilates	, mora	Hot	10.10			HIIT		Exhale	Miranda	M&B	17:10	The WOD	D 11			Metaburn	Nat V	1
10 Metaburn	Adrien	Hot	16:10 17:10		Adrien	Hot HIIT	17:10	Force	Joe		1/.10						David	HIIT	10:10			
10 Metaburn	Adrien		17:10	o Metaburn		HIIT	17:10	Force	Joe Terry	Hot	17:10	Lift	Fave	HIIT	17:30	Hot Dynamic Pilates	Aurora	HIIT	10:10		Vivi	1
Metaburn Hot Classical Pilates	Adrien Vivi	HIIT Hot	17:10 17:30	Metaburn Hot Vinyasa Yoga	Adrien Aurora	HIIT Hot	17:10 17:30	Force Hot Dynamic Pilates	Terry	Hot	17:10		•			Hot Dynamic Pilates	Aurora	Hot	10:10	Hot Rehab Pilates	Vivi	
Metaburn Hot Classical Pilates Just Ride	Adrien Vivi Maria	HIIT Hot Cycle	17:10 17:30 17:45	Metaburn Hot Vinyasa Yoga Hardcore Cycle	Adrien Aurora Stuart	HIIT Hot Cycle	17:10 17:30 17:45	Force Hot Dynamic Pilates Poweride	Terry	Hot Cycle	17:10 17:30	Hot Dynamic Pilates	Gillian	Hot	17:45	Sweat X	Aurora Adam	Hot Treads	10:10 10:45	Hot Rehab Pilates Hardcore Cycle	Joe	
Metaburn Hot Classical Pilates Just Ride The Method	Adrien Vivi Maria Faye	HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method	Adrien Aurora Stuart Faye	HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00	Force Hot Dynamic Pilates Poweride The Method	Terry Susie Faye	Hot Cycle M&B	17:10 17:30 17:45	Hot Dynamic Pilates Just Ride	Gillian Channah	Hot Cycle	17:45 17:45	Sweat X Hardcore Cycle	Aurora Adam Vicky T	Hot Treads Cycle	10:10 10:45 11:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga	Joe Cathy	
Metaburn Metabu	Adrien Vivi Maria	HIIT Hot Cycle	17:10 17:30 17:45	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method	Adrien Aurora Stuart	HIIT Hot Cycle	17:10 17:30 17:45 18:00	Force Hot Dynamic Pilates Poweride	Terry	Hot Cycle	17:10 17:30 17:45 18:00	Hot Dynamic Pilates Just Ride Hatha Yoga	Gillian	Hot	17:45 17:45	Sweat X	Aurora Adam	Hot Treads	10:10 10:45	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme	Joe	
Metaburn Metabu	Adrien Vivi Maria Faye	HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00 18:15	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method	Adrien Aurora Stuart Faye	HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00	Force Hot Dynamic Pilates Poweride The Method The WOD	Terry Susie Faye	Hot Cycle M&B	17:10 17:30 17:45 18:00	Hot Dynamic Pilates Just Ride	Gillian Channah	Hot Cycle	17:45 17:45 18:00	Sweat X Hardcore Cycle	Aurora Adam Vicky T	Hot Treads Cycle	10:10 10:45 11:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga	Joe Cathy	
Metaburn Hot Classical Pilates Just Ride The Method	Adrien Vivi Maria Faye Adrien	HIIT Hot Cycle M&B HIIT	17:10 17:30 17:45 18:00 18:15 18:30	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method	Adrien Aurora Stuart Faye Adrien	HIIT Hot Cycle M&B HIIT	17:10 17:30 17:45 18:00 18:15	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga	Terry Susie Faye Joe	Hot Cycle M&B HIIT	17:10 17:30 17:45 18:00 18:15	Hot Dynamic Pilates Just Ride Hatha Yoga	Gillian Channah Cathy	Hot Cycle M&B	17:45 17:45 18:00 18:15	Sweat X Hardcore Cycle F.I.T Jam	Aurora Adam Vicky T Clara	Hot Treads Cycle M&B	10:10 10:45 11:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme	Joe Cathy Nat V	
Hot Classical Pilates Just Ride The Method Extreme Hot Hatha Yoga	Adrien Vivi Maria Faye Adrien Cathy	HIIT Hot Cycle M&B HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga	Adrien Aurora Stuart Faye Adrien Ashley	HIIT Hot Cycle M&B HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga	Terry Susie Faye Joe Miranda	Hot Cycle M&B HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30	Hot Dynamic Pilates Just Ride Hatha Yoga LGA	Gillian Channah Cathy Faye	Hot Cycle M&B HIIT	17:45 17:45 18:00 18:15 18:30	Sweat X Hardcore Cycle F.I.T Jam Formula 3	Aurora Adam Vicky T Clara David	Hot Treads Cycle M&B HIIT	10:10 10:45 11:10 11:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates	Joe Cathy Nat V Vivi	
Metaburn Hot Classical Pilates Just Ride The Method Extreme Hot Hatha Yoga Just Ride	Adrien Vivi Maria Faye Adrien Cathy Maria	HIIT Hot Cycle M&B HIIT Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Hatha Yoga	Adrien Aurora Stuart Faye Adrien Ashley Stuart	HIIT Hot Cycle M&B HIIT Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle	Terry Susie Faye Joe Miranda Susie	Hot Cycle M&B HIIT Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride	Gillian Channah Cathy Faye Miranda	Hot Cycle M&B HIIT Hot	17:45 17:45 18:00 18:15 18:30 18:45	Sweat X Hardcore Cycle F.I.T Jam Formula 3 Hot Vinyasa Yoga	Aurora Adam Vicky T Clara David Reanne	Hot Treads Cycle M&B HIIT	10:10 10:45 11:10 11:10 11:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends	Joe Cathy Nat V Vivi Airida	
10 Metaburn 10 Hot Classical Pilates 145 Just Ride 100 The Method 15 Extreme 100 Hot Hatha Yoga 145 Just Ride 100 E.I.T Jam 15 The WOD	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maria	HIIT Hot Cycle M&B HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam Metaburn	Terry Susie Faye Joe Miranda Susie Faye Maiken	Hot Cycle M&B HIIT Hot Cycle M&B LS	17:10 17:30 17:45 18:00 18:15 18:30 18:45	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD	Gillian Channah Cathy Faye Miranda Channah Emma K	Hot Cycle M&B HIIT Hot Cycle LS	17:45 17:45 18:00 18:15 18:30 18:45	Sweat X Hardcore Cycle F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates	Aurora Adam Vicky T Clara David Reanne Vicky T Clara	Hot Treads Cycle M&B HIIT Hot Cycle M&B	10:10 10:45 11:10 11:10 11:10 12:10 12:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD	Joe Cathy Nat V Vivi Airida Deborah Joe	
Metaburn Hot Classical Pilates Just Ride The Method Hot Hatha Yoga Hot Hatha Yoga Hot Hatha Yoga Hot Hatha Yoga Fire Just Ride Fire Just Ride Fire WOD Force	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maiken Fitz	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Foweride Hatha Yoga Extreme The WOD	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam Metaburn Extreme	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe	Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian	Hot Cycle M&B HIIT Hot Cycle LS M&B	17:45 17:45 18:00 18:15 18:30 18:45 19:00	Sweat X Hardcore Cycle F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS	10:10 10:45 11:10 11:10 11:10 12:10 12:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora	
o Metaburn Hot Classical Pilates Just Ride The Method Hot Hatha Yoga Hot Hatha Yoga Just Ride PLT Jam The WOD Speed Fiends	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maria Faye Maiken Fitz Adrien	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Treads	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien Ashley	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Force Hot Dynamic Pilates Poweride The Method Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam Metaburn Extreme Hot Hatha Yoga	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe Miranda	Hot Cycle M&B HITT Hot Cycle M&B LS HITT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15	Sweat X Hardcore Cycle F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam David	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT	10:10 10:45 11:10 11:10 12:10 12:10 12:10 12:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora Deborah	
Metaburn Hot Classical Pilates Just Ride Let Method Extreme Hot Hatha Yoga Hot Hatha Yoga Fiz Just Ride Fiz Lim Fig Lim Fig Force Speed Fiends Hot Vinyasa Yoga	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maria Faye Maiken Fitz Adrien Cathy	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle FLT Jam Metaburn Extreme Hot Hatha Yoga Exhale	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe	Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot M&B	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot HIIT	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Sweat X Hardcore Cycle E.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	10:10 10:45 11:10 11:10 11:10 12:10 12:10 12:10 12:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora	
o Metaburn Hot Classical Pilates Just Ride The Method Extreme Hot Hatha Yoga Fig. Just Ride Fig. Force Speed Fiends Hot Vinyasa Yoga	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maria Faye Maiken Fitz Adrien	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Treads	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien Ashley	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00	Force Hot Dynamic Pilates Poweride The Method Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam Metaburn Extreme Hot Hatha Yoga	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe Miranda	Hot Cycle M&B HITT Hot Cycle M&B LS HITT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00 19:30	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Sweat X Hardcore Cycle F.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam David	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT	10:10 10:45 11:10 11:10 12:10 12:10 12:10 12:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora Deborah	
o Metaburn Hot Classical Pilates Just Ride The Method Extreme Hot Hatha Yoga Just Ride FLT Jam Force Speed Fiends Hot Vinyasa Yoga Just Ride	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maria Faye Maiken Fitz Adrien Cathy	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Treads	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30 20:00 20:15	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle FLT Jam Metaburn Extreme Hot Hatha Yoga Exhale	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe Miranda Cathy	Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot M&B	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot HIIT	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Sweat X Hardcore Cycle E.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam David Reanne	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	10:10 10:45 11:10 11:10 11:10 12:10 12:10 12:10 13:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora Deborah Joe	
o Metaburn o Hot Classical Pilates 5 Just Ride o The Method 5 Extreme O Hot Hatha Yoga 5 Just Ride o FLT Jam The WOD 5 Force 5 Speed Fiends Hot Vinyasa Yoga 5 Just Ride 5 Core 45	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Maiken Fitz Adrien Cathy Maria	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Treads Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30 19:45 20:00 20:15	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Vin Yoga	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Amy L Adrien Ashley Stuart Aurora	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B LS HIIT Hot Cycle M&B	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 20:00 20:15 20:30	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle FLT Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe Miranda Cathy	Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot HIIT	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Sweat X Hardcore Cycle E.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam David Reanne	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	10:10 10:45 11:10 11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora Deborah Joe Aurora	
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Metaburn Hot Classical Pilates Just Ride The Method Extreme Hot Hatha Yoga Just Ride FLI Jam The WOD Force Speed Fiends Hot Vinyasa Yoga Just Ride Core 45 Core 45	Adrien Vivi Maria Faye Adrien Cathy Maria Faye Matiken Fitz Adrien Cathy Maria Fitz Cathy Maria Fitz Cathy	HIIT Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Treads Hot Cycle	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15 19:30 19:45 20:00 20:15	Metaburn Hot Vinyasa Yoga Hardcore Cycle The Method Lift Hot Hatha Yoga Poweride Hatha Yoga Extreme The WOD Hot Vinyasa Yoga Hardcore Cycle Yin Yoga	Adrien Aurora Stuart Faye Adrien Ashley Stuart Aurora Adrien Ashley Stuart Aurora Amy L	HIIT Hot Cycle M&B HIIT Hot Cycle M&B K&B HIIT Hot Cycle HIIT Hot Cycle M&B HIIT	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:30 20:00 20:15 20:30	Force Hot Dynamic Pilates Poweride The Method The WOD Hot Vinyasa Yoga Hardcore Cycle F.I.T Jam Metaburn Extreme Hot Hatha Yoga Exhale Formula 3 Hot Yin Yoga	Terry Susie Faye Joe Miranda Susie Faye Maiken Joe Miranda Cathy Joe Miranda	Hot Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot M&B HIIT Hot	17:10 17:30 17:45 18:00 18:15 18:30 18:45 19:15 19:00 19:30 19:15 20:15	Hot Dynamic Pilates Just Ride Hatha Yoga LGA Hot Hatha Yoga Poweride WOD Vinyasa Yoga Hot Vinyasa Yoga Force Core 45 Sweat X	Gillian Channah Cathy Faye Miranda Channah Emma K Gillian Miranda Fitz Fitz Emma K	Hot Cycle M&B HIIT Hot Cycle LS M&B Hot HIIT HIIT Rig	17:45 17:45 18:00 18:15 18:30 18:45 19:00 19:15 19:15	Sweat X Hardcore Cycle E.I.T Jam Formula 3 Hot Vinyasa Yoga Poweride Classical Pilates Extreme Kettlebells Hot Hatha Yoga	Aurora Adam Vicky T Clara David Reanne Vicky T Clara Adam David Reanne	Hot Treads Cycle M&B HIIT Hot Cycle M&B LS HIIT Hot	10:10 10:45 11:10 11:10 11:10 12:10 12:10 12:10 12:10 13:10 13:10 14:10 14:10 14:10 15:10 15:10 16:10	Hot Rehab Pilates Hardcore Cycle Hatha Yoga Extreme Hot Dynamic Pilates Speed Fiends Pulse The WOD Hot Vinyasa Yoga Classical Pilates Force Hot Yin Yoga Sweat X Sweat X Hardcore Cycle Hot Vinyasa Yoga Extreme LGA Hot Classical Pilates Hot Rehab Pilates	Joe Cathy Nat V Vivi Airida Deborah Joe Aurora Deborah Joe Aurora Airida Airida Airida Airida Joe Aurora Airida Miranda Miranda	



Third Space Class descriptions

ATHLETIC, TREADMILL & RIG TRAINING

THE WOD/ YARD 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.

A 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.

KETTLEBELLS / YARD KETTLEBELLS

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

RUN CLUB

Discover the 'power of the pack' and elevate your running ability to its highest level. With all that London's outside environment has to offer, the unique blend of speed and VO2 intervals will provide you with the platform for a new personal best.

STRENGTH & CONDITIONING

LIFT

Build a strong body using heavier weights focusing on form and control. You will be coached through an extended mobility and activation section before starting 3 main blocks of work using heavy kettlebells and dumbbells for 8 to 12 reps per exercise. Improve your technique and leave the class feeling stronger than ever.

FORCE

A music driven barbell and dumbbell class designed to fatigue the whole body through higher repetitions. A great class for those new to weights or experienced lifters who want to feel the burn in a high energy but supported environment.

EXTREME

Train like an athlete in this fast-paced class focusing on speed and agility. A mixture of plyometric, multi-dimensional, sport based exercises using light dumbbells will develop your stability, muscular endurance and overall fitness.

METABURN

A pyramid style, full body metabolic conditioning workout. Dumbbells are used to create a stronger, leaner body focusing on improving your lifting technique whilst high intensity exercises are interspersed to elevate the heart rate. The intensity builds throughout this workout as each set increases with time.

IGA

Legs Glutes and Abs. Working some of the largest muscles in the body to create a high calorie burn. Expect a combination of strength and high intensity explosive exercises, aimed at increasing strength and flexibility to torch fat and sculpt the lower body.

CORE 30/45

A strong and functional core is fundamental for all training. This class uses full body movements in multiple planes to fully engage your core. Building strength, stability and

balance as well as shaping your abdominals.

STUDIO CYCLING

JUST RIDE

This class is designed to improve your cardiovascular fitness with a focus on endurance. Stripping cycling back to its foundations with no additional choreography, no data and no leader boards. All done working to the beat of the music, giving you opportunity to switch off and just ride

HARDCORE CYCLE

The ultimate high intensity interval cycle class. Improve both your anaerobic and aerobic fitness in a time efficient manner and feel the power of the music to help you push your physical and mental limits.

POWERIDE

Poweride is a results orientated, competitive class that uses live visual data to improve your power output. Be guided by the unique colour coaching system to optimize your output. Keep one eye on the leader board to chase down your personal best and to beat the rest of the room.

WATTBIKE

Our Wattbike class replicates a real ride feel and delivers an unrivalled experience. With targeted effective programming and the ability to analyse your technique, it's no wonder it is the choice of champions and endorsed by British cycling. Whether you are a seasoned athlete or complete beginner, maximise your performance and redefine your training.

MIND & BODY

VINYASA YOGA / HOT VINYASA YOGA

A flowing style of yoga that moves fluidly from one pose

to the next using breath. Each teacher has their own style so expect something a little different each time. Vinyasa often moves at a faster pace than some other types of yoga, be ready to work hard and build up a sweat. Leave feeling energised physically, mentally and spiritually from this moving meditation. Regular practice will strengthen and tone muscles and increase flexibility and mobility.

HATHA YOGA / HOT HATHA YOGA

Hatha yoga is slower in pace than vinyasa, with more time spent in each posture. Often these classes will include pranayama or breathing exercises. If you are new to yoga, this is a good place to start as the slower pace allows for more alignment focus and an opportunity to get familiar with the practice.

YIN YOGA/ HOT YIN YOGA

Yin Yoga is slow and meditative. Poses are held for 4-6 minutes for deep stretching of the body's connective tissues and joints.

ROCKET YOGA/ HOT ROCKET YOGA

Based on Ashtanga, Rocket yoga is said to 'get you there faster'. A fast paced, playful class expect to explore arm balances and inversions and tackle some of the more challenging postures. This class isn't suitable for beginners or the faint hearted!

CLASSICAL PILATES / HOT 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 / HOT 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 / HOT 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.

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.

EXHALE

A 45 minute mindfulness class to help reset and rebalance through breath-work, movement and meditation.

Learn to slow down the mind with different breathing techniques, slow flow yoga and varying styles of meditation.

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.

COMBAT CLASSES

BOXING

Focus on learning proper boxing techniques and drills while working on the punch bag. Improve fitness, power, and endurance while developing boxing skills. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

BOXING FDM (Fundamentals)

Learn boxing fundamentals. Beginners will be taught the correct stance, the precise technique for punches and effective boxing movements. Advanced boxers will improve their form and progress their technique. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

KICKBOXING

Working with the punch bag, learn and perfect the art of punching and kicking to improve your overall fitness, strength and power. Members are kindly requested to bring their own boxing gloves and wraps (these can be purchased at Concierge).

SWIM CLASSES

SKILLS & DRILLS

Improve your Front Crawl form and technique with progressive skills and drills for a faster, more effective and efficient swim style.

*A minimum of 200m continuous swim ability is required.