

# The Yard

## Class schedule

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