

THE STRONG ROOMS TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:45 Power of 3 with Barney Irwin GYM	06:30 RIDE with Jose Moreno GYM	06:45 Power of 3 with Josh Stratton GYM	06:30 RIDE 30 min with Jose Moreno GYM	07:30 RIDE with Kat Easson MOVE ROOM TWO	09:30 Pilates Sculpt with Agi Falenta MOVE ROOM ONE
09:30 4:1 KND Rework with Tessa Tweedie MOVE ROOM ONE £12	07:30 Reset Meditation 15 min with Tessa Tweedie	07:45 Hypebrid with Sara Gilhooley MOVE ROOM TWO	07:30 KND Reactivate 60mins with Tessa Tweedie MOVE ROOM ONE	07:45 4:1 Strength & Conditioning with David Hodge GYM £12	10:30 Ride with Amelia Salmon MOVE ROOM TWO
10:15 Functional Movement with Marcus Kennedy GYM	07:45 KND Rework with Tessa Tweedie MOVE ROOM ONE	09:30 Reformer with Sara Gilhooley MOVE ROOM ONE £15	09:30 KND Reshape with Emma Fraser MOVE ROOM ONE	09:30 Barre Sculpt with Kat Easson MOVE ROOM ONE	10:30 Reformer with Agi Falenta MOVE ROOM ONE £15
10:30 4:1 Reformer with Lauren Anderson MOVE ROOM ONE £15	09:30 Mat Pilates with Kat Easson MOVE ROOM ONE	10:30 4:1 Strength & Conditioning with Amy Connell GYM £12	10:15 4:1 Strength & Conditioning with Marcus Kennedy GYM £12	10:30 KND Rework with Tessa Tweedie MOVE ROOM ONE	11:30 Reformer with Agi Falenta MOVE ROOM ONE £15
10:30 Barre Sculpt with Serena Crolla MOVE ROOM TWO	10:15 Lift with Marcus Kennedy GYM	10:30 Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO	10:30 Barre Flex & Flow with Serena Crolla MOVE ROOM TWO	11:30 Reset Meditation 30 min with Tessa Tweedie MOVE ROOM ONE	Sunday
12:00 Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO	10:30 Barre Sculpt with Serena Crolla MOVE ROOM TWO	12:00 Reformer Jump with Sara Gilhooley MOVE ROOM ONE £15	12:00 Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO	12:00 Run Club 30 min with Emma Fraser OUTDOORS	13:00 Power of 3 with Jose Moreno GYM
12:15 4:1 Reformer with Lauren Anderson MOVE ROOM ONE £15	10:45 Reformer with Sara Gilhooley MOVE ROOM ONE £15	12:15 Barre Burn & Sweat with Serena Crolla MOVE ROOM TWO	12:15 Reformer Jump with Sara Gilhooley MOVE ROOM ONE £15	12:15 Barre Flex & Flow with Serena Crolla MOVE ROOM TWO	16:30 RIDE with Jose Moreno MOVE ROOM TWO
12:30 Power of 3 with Emma Fraser GYM	12:00 Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO	12:30 4:1 Box Sweat with Amy Connell GYM £12	12:15 4:1 Strength & Conditioning with Emma Fraser GYM £12	12:30 4:1 Pilates with Kat Easson MOVE STUDIO TWO £12	17:30 KND Reactivate with JJ Robb MOVE ROOM ONE
12:30 Power of 3 with Emma Fraser GYM	12:30 6:2 KND Restore & Massage with Kat Easson MOVE ROOM ONE £12	13:00 Mat Pilates with Kat Easson MOVE ROOM ONE	12:15 4:1 Strength & Conditioning with Emma Fraser GYM £12	13:30 Reformer with Agi Falenta MOVE ROOM ONE £15	
17:30 RIDE 30 min with Jose Moreno GYM	12:30 Power & Acceleration & Cryo with Emma Fraser GYM £35	17:30 KND Rework 60mins with Tessa Tweedie MOVE ROOM ONE	13:00 4:1 Reset & Cryo with Tessa Tweedie MOVE ROOM ONE £35	16:30 Pilates Sculpt with Agi Falenta MOVE ROOM ONE	
18:05 4:1 Strength & Conditioning with Jose Moreno GYM £12	13:30 Reformer with Sara Gilhooley MOVE ROOM ONE £15	18:00 RIDE with Kat Easson MOVE ROOM TWO	17:30 Reformer with Sara Gilhooley MOVE ROOM ONE £15	17:30 Reformer with Agi Falenta MOVE ROOM ONE £15	
18:30 KND Reactivate with Katie Pedri MOVE ROOM ONE	16:30 4:1 Strength & Conditioning with Agi Falenta MOVE ROOM ONE £12	18:15 Box Sweat with Amy Connell GYM £12	18:30 RIDE with Amelia Salmon MOVE ROOM TWO	18:30 Power of 3 with Marcus Kennedy GYM	
	17:30 Functional Movement with Sara Gilhooley GYM	19:00 6:2 KND Restore & Massage with Kat Easson MOVE ROOM ONE £12			
	17:30 Mat Pilates with Lauren Anderson MOVE ROOM ONE				
	18:30 Reformer with Agi Falenta MOVE ROOM ONE £15				

