

THE STRONG ROOMS TIMETABLE

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|---|---------|---|-----------|---|----------|---|--------|---|----------|---|
| 06:30 | RIDE (virtual) MOVE ROOM TWO | 06:30 | RIDE (virtual) MOVE ROOM TWO | 06:45 | 6:1 Strength & Conditioning with Josh Stratton GYM £12 | 06:15 | 4:1 Small Group Training with Jose Moreno GYM £12 | 07:30 | 8:1 Hypebrid/Ride with Kat Easson MOVE ROOM TWO £6 | 07:45 | RIDE (virtual) MOVE ROOM TWO |
| 06:45 | 6:1 Strength & Conditioning with Barney Irwin GYM £12 | 07:45 | 6:1 KND Rework with Tessa Tweedie MOVE ROOM ONE £12 | 07:00 | RIDE (virtual) MOVE ROOM TWO | 06:30 | RIDE (virtual) MOVE ROOM TWO | 07:45 | 4:1 Small Group Training with David Hodge GYM £12 | 09:30 | 4:1 Reformer with Agi Falenta MOVE ROOM ONE £15 |
| 09:30 | 4:1 KND Rework with Tessa Tweedie MOVE ROOM ONE £15 | 08:45 | 4:1 Cryo, Power & Acceleration with Emma Fraser MOVE ROOM ONE £15 | 07:30 | 4:1 Reformer with Sara Gilhooley MOVE ROOM ONE £15 | 07:45 | KND Reactivate (30min) with Tessa Tweedie MOVE ROOM ONE | 09:30 | Barre Sculpt with Kat Easson MOVE ROOM ONE | 09:30 | Power of 3 with Amelia Salmon GYM |
| 10:15 | Functional Movement with Barney Irwin GYM | 09:30 | Mat Pilates with Kat Easson MOVE ROOM ONE | 09:30 | 4:1 Reformer with Sara Gilhooley MOVE ROOM ONE £15 | 08:15 | KND Rework (30min) with Tessa Tweedie MOVE ROOM ONE | 10:00 | 4:1 Cryo & Breathwork with Tessa Tweedie MOVE ROOM ONE £15 | 10:30 | 8:1 Hypebrid/Ride with Amelia Salmon MOVE ROOM TWO £6 |
| 10:30 | 4:1 Reshape & Reformer with Emma Fraser MOVE ROOM ONE £15 | 10:30 | Barre Sculpt with Serena Crolla MOVE ROOM TWO | 10:30 | 6:1 Strength & Conditioning with Amy Connell GYM £12 | 08:45 | 4:1 Cryo & Breathwork with Tessa Tweedie MOVE ROOM ONE £15 | 10:30 | 6:1 KND Rework with Tessa Tweedie MOVE ROOM ONE £12 | 10:30 | 4:1 Reformer 4with Agi Falenta MOVE ROOM ONE £15 |
| 10:30 | Barre Sculpt with Serena Crolla MOVE ROOM TWO | 10:45 | 4:1 Reshape & Reformer with Emma Fraser MOVE ROOM ONE £15 | 10:30 | Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO | 09:30 | KND Reactivate with Tessa Tweedie MOVE ROOM ONE | 10:30 | Barre Dance with Serena Crolla MOVE ROOM TWO | 11:30 | 4:1 Reformer with Agi Falenta OVE ROOM ONE £15 |
| 11:30 | 4:1 Cryo & Breathwork with Tessa Tweedie MOVE ROOM ONE £15 | 12:00 | Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO | 11:30 | 4:1 Cryo & Recovery with Amy Connell Gym £15 | 10:30 | Barre Flex & Flow with Serena Crolla MOVE ROOM TWO | 12:00 | 4:1 Cryo & Run 30 min with Emma Fraser OUTDOORS/INDOORS £15 | | |
| 11:45 | Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO | 12:30 | Lift with Jose Moreno GYM | 12:00 | 4:1 Reshape & Reformer with Emma Fraser MOVE ROOM ONE £15 | 12:00 | Barre Define & Tone 30 min with Serena Crolla MOVE ROOM TWO | 12:15 | Barre Flex & Flow with Serena Crolla MOVE ROOM TWO | | |
| 12:30 | 4:1 Reformer & Define with Serena Crolla MOVE ROOM ONE £15 | 12:30 | 6:2 KND Restore & Massage with Kat Easson MOVE ROOM ONE £12 | 12:15 | Barre Burn & Sweat with Serena Crolla MOVE ROOM TWO | 12:30 | 6:1 Strength & Conditioning with Emma Fraser GYM £12 | 12:30 | 4:1 Cryo & Reset with Kat Easson MOVE STUDIO TWO £15 | | |
| 12:30 | Power of 3 with Emma Fraser GYM | 13:00 | RIDE (virtual) MOVE ROOM TWO | 12:30 | 6:1 Box Sweat with Amy Connell GYM £12 | 12:30 | 4:1 Cryo & Breathwork with Tessa Tweedie MOVE ROOM ONE £15 | 13:00 | RIDE (virtual) MOVE ROOM TWO | | |
| 17:30 | 8:1 Hypebrid/Ride with Jose Moreno MOVE ROOM TWO £6 | 13:30 | 4:1 Reshape & Reformer with Emma Fraser MOVE ROOM ONE £15 | 13:00 | Mat Pilates with Kat Easson MOVE ROOM ONE | 13:00 | RIDE (virtual) MOVE ROOM TWO | 13:30 | 4:1 Reformer with Agi Falenta MOVE ROOM ONE £15 | | |
| 18:05 | 4:1 Small Group Training with Jose Moreno GYM £12 | 17:30 | 4:1 Reformer with Emma Fraser MOVE ROOM ONE £15 | 16:30 | Barre Sculpt with Kat Easson MOVE ROOM ONE | 13:30 | 4:1 Cryo & Reset with Tessa Tweedie MOVE ROOM ONE £15 | 14:30 | 4:1 Reformer with Agi Falenta MOVE ROOM ONE £15 | | |
| 18:30 | KND Reactivate with Katie Pedri MOVE ROOM ONE | 18:00 | RIDE (virtual) MOVE ROOM TWO | 17:30 | KND Rework with Tessa Tweedie MOVE ROOM ONE | 16:30 | 4:1 Reformer with Sara Gilhooley MOVE ROOM ONE £15 | 16:30 | Pilates Sculpt with Agi Falenta MOVE ROOM ONE | | |
| 19:30 | RIDE (virtual) MOVE ROOM TWO | 18:30 | 4:1 Reformer with Agi Falenta MOVE ROOM ONE £15 | 18:00 | 8:1 Hypebrid/Ride with Kat Easson MOVE ROOM TWO £6 | 17:30 | 4:1 Reformer with Sara Gilhooley MOVE ROOM ONE £15 | 17:30 | 4:1 Reformer with Agi Falenta MOVE ROOM ONE £15 | | |
| | | 19:30 | Functional Movement Agi Falenta MOVE ROOM ONE | 18:30 | 4:1 Cryo & Unwind with Tessa Tweedie MOVE ROOM ONE £15 | 18:00 | RIDE (virtual) MOVE ROOM TWO | 18:30 | Power of 3 with Jose Moreno GYM | | |
| | | | | 19:00 | 6:2 KND Restore & Massage with Kat Easson MOVE ROOM ONE £12 | 18:30 | Functional Movement with Amelia Salmon GYM | 19:30 | RIDE (virtual) MOVE ROOM TWO | | |

