

THE STRONG ROOMS TIMETABLE

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
06:45	6:1 S & C Training GYM	£12	07:30	Power of 3- GYM		07:30	Functional Movement GYM		07:00	PULSE 45 - MS2		06:45	ANTHEM RIDE - MS2		08:30	4:1 Reformer - MS1	£15
			07:30	4:1 Reformer- MS1	£15	07:30	4:1 Reformer- MS1	£15	07:45	Mat Pilates - MS2		07:30	Barre Sculpt - MS2		09:30	Barre Sculpt - MS2	
07:30	Reactivate - MS2		08:45	Mat Pilates - MS2		08:45	Barre Sculpt- MS2		09:30	STRETCH- MS2		07:45	6:1 S & C Training GYM	£12	09:30	4:1 Reformer - MS1	£15
09:30	STRONG form 45 - MS2		09:30	4:1 Reformer- MS1	£15	09:30	3:1 Rework & Reform MS1	£15	09:30	4:1 Reformer- MS1 MS1	£15	08:30	4:1 Reformer - MS1	£15	10:30	ANTHEM RIDE - MS2	
10:30	4:1 Reformer- MS1	£15	10:30	4:1 Reformer - MS1	£15				10:30	4:1 Reformer - MS1	£15	08:45	PULSE 45 - MS2		10:30	4:1 Reformer - MS1	£15
10:30	6:1 Girls LIFT - GYM	£12	10:45	Barre Sculpt - MS2		10:30	4:1 Reformer - MS1	£15	10:30	Barre Flex & Flow - MS2		09:30	4:1 Reformer - MS1	£15			
10:30	Barre Sculpt- MS2					10:30	Rebalance MS2		11:30	Mat Pilates - MS2		09:30	6:1 Girls LIFT - GYM	£12			
			11:45	STRETCH - MS2					12:30	6:1 S & C Training GYM	£12	10:30	6:1 Rework - MS1	£12			
			12:30	4:1 Reformer- MS1	£15	11:30	Barre Sculpt- MS2		12:30	4:1 Reformer - MS1	£15	10:30	Dancefit - MS2				
11:30	Barre Burn & Sweat -MS2		12:45	Pilates Sculpt - MS2		12:30	4:1 Reformer - MS1	£15	12:30	KND Reactivate - MS2		11:30	4:1 Reformer - MS1	£15	09:15	4:1 Reformer- MS1 MS1	£15
12:30	4:1 Reformer- MS1	£15	12:45	6:1 S & C Training GYM	£12	12:30	6:1 Girls LIFT- GYM	£12	13:30	4:1 Reformer- MS1	£15	11:45	Rebalance MS2		10:15	4:1 Reformer- MS1 MS1	£15
12:30	Power of 3 - GYM					12:30	Reactivate - MS2					12:30	Power of 3 - GYM				
									14:30	Barre Sculpt - MS2		12:30	4:1 Reformer - MS1	£15	11:15	Mat Pilates - MS2	
												14:30	Core Pilates - MS2				
16:30	STRONG form 45 MS2		16:30	Barre Sculpt - MS2					16:00	STRONG form 45 MS2					12:00	4:1 Reformer- MS1 MS1	£15
17:15	4:1 Reformer- MS1	£15				16:30	PULSE 45 - MS2		16:30	4:1 Reformer - MS1	£15	18:30	Power of 3 - GYM				
17:30	Precision RIDE - MS2		17:15	4:1 Reformer - MS1	£15				17:30	4:1 Reformer - MS1	£15						
18:15	4:1 Reformer- MS1	£15				17:15	6:1 Girls LIFT- GYM	£12	18:00	Barre Sculpt - MS2							
18:30	6:1 S & C Training GYM	£12	17:30	ANTHEM RIDE - MS2		18:15	Power of 3 - GYM		18:30	4:1 Reformer - MS1	£15						
18:30	Reactivate- MS2		18:00	6:1 Small Group Training GYM	£12												
			18:30	4:1 Reformer - MS1	£15	18:30	4:1 Reformer - MS1	£15	18:45	ANTHEM RIDE - MS2							

Sunday