



# STUDIO TIMETABLE



**SPRING 2017**  
www.alive-well.co.uk

 Birchwood Park

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A.M.	7.00 – 7.45 <b>Piyo</b> Studio	6.30 – 7.00 <b>Abs</b> Studio  7.00 – 7.45 <b>Insanity</b> Studio	7.00 – 7.45 <b>P90X</b> Studio	7.00 – 7.45 <b>Kettlebells</b> Studio	7.00 – 7.45 <b>Raise the Bar</b> Studio
LUNCH	12.15 – 12.45 <b>Cardio Circuit</b> Studio	12.15 – 12.45 <b>Legs, Bums, Tums</b> Studio	12.15 – 12.45 <b>Tabata</b> Studio	12.15 – 12.45 <b>Boxing</b> Studio	12.15 – 1.15 <b>Insanity</b> Studio
	12.15 – 12.45 <b>Spin</b> Gym	12.45 – 1.15 <b>Boxing</b> Studio	12.15 – 12.45 <b>Spin</b> Gym	12.15 – 1.00 <b>Yoga</b> 401 Faraday Street	12.15 – 12.45 <b>Spin</b> Gym
	12.15 – 1.00 <b>Yoga</b> 401 Faraday Street		12.45 – 1.15 <b>Spin</b> Gym	12.45 – 1.15 <b>Full Body Circuit</b> Studio	12.45 – 1.15 <b>Spin</b> Studio
	12.45 – 1.15 <b>Spin</b> Gym				
P.M.	5.30 – 6.30 <b>Fighting Fit</b> Studio	5.15 – 6.15 <b>Pilates</b> Studio	5.15 – 6.15 <b>Zumba</b> 401 Faraday St	5.30 – 6.30 <b>Alive Pump</b> Studio	
	6.30 – 7.30 <b>Alive Pump</b> Studio	5.15 – 6.15 <b>Yoga</b> 401 Faraday Street	5.30 – 6.15 <b>Kettlebells</b> Studio	5.30 – 6.30 <b>Targets HIIT</b> Gym	
		5.30 – 6.30 <b>Circuit Craze HIIT</b> Gym	6.00 – 6.45 <b>Spin</b> Gym	6.30 – 7.30 <b>Clubbercise</b> Studio	