



# Studio Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am	30mins <b>Mix</b> <b>Interval - Spin</b> Magda   Chadwick	30mins <b>Mix</b> <b>Endurance - Spin</b> Magda   Chadwick	30mins <b>Mix</b> <b>Dance Step</b> Magda   Gym	30mins <b>Mix</b> <b>Kettlebells</b> Ally   Chadwick	30mins <b>Mix</b> <b>Body Shape</b> Magda   Chadwick
7:00am	30mins <b>Mod</b> <b>Fab Abs</b> Jimmy   Gym	30mins <b>Mix</b> <b>Functional Step</b> Magda   Chadwick	30mins <b>Mod</b> <b>Raise the Bar</b> Jimmy   Chadwick	30mins <b>Mod</b> <b>Mobility</b> Ally   Chadwick	30mins <b>Mix</b> <b>Endurance - Spin</b> Magda   Chadwick
9:30am			30mins <b>Breakfast Club</b> Jimmy   Gym		
10:00am		30mins <b>Breakfast Club</b> Ally   Gym			
12:15pm	45mins <b>Hatha Yoga Beginners</b> Jane   401	30mins <b>Mod</b> <b>Bootcamp</b> Ally   Chadwick	30mins <b>Mix</b> <b>Interval - Spin</b> Magda   Chadwick	45mins <b>Mix</b> <b>Lotus Yoga</b> Katya   401	
12:15pm	30mins <b>Mix</b> <b>Endurance - Spin</b> Jimmy   Chadwick		30mins <b>Mix</b> <b>Boxing</b> Jimmy   Gym	30mins <b>Mod</b> <b>Fat Burn</b> Ally   Chadwick	30mins <b>Mix</b> <b>Hill - Spin</b> Jimmy   Chadwick
1:00pm	30mins <b>Cardio PT - Group</b> Ally   Gym				
2:30pm			30mins <b>Cardio PT - Group</b> Ally   Gym		30mins <b>Weights PT - Group</b> Ally   Gym
5:15pm		45mins <b>Mix</b> <b>Hatha Yoga</b> Jane   401			
5:15pm	45mins <b>Mix</b> <b>Dance Fit</b> Magda   Gym	30mins <b>Mix</b> <b>Hill - Spin</b> Jimmy   Chadwick		30mins <b>Mix</b> <b>Interval - Spin</b> Jimmy   Chadwick	
5:30pm			45mins <b>Mix</b> <b>Zumba</b> Kaye   Chadwick		
5:30pm	30mins <b>Mix</b> <b>Tabata</b> Ally   Chadwick		45mins <b>Mix</b> <b>Kettlebells</b> Ally   Chadwick		30mins <b>Mix</b> <b>Fab Abs</b> Ally   Chadwick
6:00pm	30mins <b>Mix</b> <b>Raise the Bar</b> Ally   Chadwick	30mins <b>Mix</b> <b>Boxing</b> Jimmy   Gym		30mins <b>Mix</b> <b>Bootcamp</b> Jimmy   Chadwick	30mins <b>Mod</b> <b>Mobility</b> Ally   Chadwick
6:15pm			30mins <b>Mix</b> <b>Fat Burn</b> Ally   Chadwick		
6:30pm		30mins <b>Cardio PT - Group</b> Jimmy   Gym			



Classes require advanced booking via the [Fit Sense app](#) or [info@alive-well.co.uk](mailto:info@alive-well.co.uk)

**Mod** Moderate level of selected classes      **Mix** Mixed level of selected classes      **Mix** Advance level of selected classes

Call in, phone us **01925 824 455** email [info@alive-well.co.uk](mailto:info@alive-well.co.uk) or visit [www.alive-well.co.uk](http://www.alive-well.co.uk)