

Studio Timetable

Spring 2023

Call in, phone us **01925 824 455** email info@alive-well.co.uk or visit www.alive-well.co.uk

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------|---|--|---|---|---|
| 6:00am | 30mins Mix Kettlebells Magda Gym Studio | 30mins Adv Insanity Workout Magda Gym Studio | | 30mins Mix Endurance - Spin Magda Gym Floor | |
| 6:30am | 30mins Adv Endurance - Spin Magda Gym Floor | 30mins Mix Interval - Spin Magda Gym Floor | 30mins Mix Dance Step Magda Gym Studio | 30mins Adv Functional Fitness Ally Gym Studio | 30mins Mix Magic Bar Magda Gym Studio |
| 7:00am | 30mins Mod Raise the Bar Jimmy Gym Studio | 30mins Mix Functional Step Magda Gym Studio | 30mins Adv Cardio Bootcamp Jimmy Gym Studio | 30mins Mod Mobility Ally Gym Studio | 30mins Mix Interval - Spin Magda Gym Floor |
| 9:30am | | | | | |
| 10:00am | | | | | |
| 12:15pm | 45mins Mod Hatha Yoga Beginners & Pregnancy Katya 401 | 30mins Mix Fat Burn Ally Gym Floor | 30mins Adv Interval - Spin Magda Gym Floor | 45mins Adv Flow Yoga Katya 401 | |
| 12:15pm | 30mins Mix Endurance - Spin Jimmy Gym Floor | | 45mins Mix Zumba Kaye Gym Studio | | 30mins Adv Hill - Spin Jimmy Gym Floor |
| 12:15pm | 20mins Mod 80's Walking Workout Magda Gym Studio | | | | |
| 12:30pm | | | 30mins Mod Walkie Talkies Lunch Walk Jeanette Outdoor | 30mins Mix AeroBoxing Jimmy Gym Studio | 45mins Mod Couch to 5k A&W Team Outdoor |
| 1:00pm | 30mins Mix Tabata Ally Gym Studio | 45mins Adv Military Bootcamp Magda Outdoor | | 45mins Mix Running Club Magda Outdoor | |
| 2:30pm | | | | | 30mins Mix Weights PT Group Ally Gym Studio |
| 5:00pm | 45mins Mix Dance Fit Magda Gym Studio | | | | |
| 5:15pm | | 45mins Adv Hill - Spin Jimmy Gym | 45mins Mix Chill Yoga Katya 401 | | |
| 5:30pm | 60mins Adv Hyrox Workout Ally Gym Floor | | 30mins Mix Kettlebells Ally Gym Studio | 30mins Mix Hyrox Workout Jimmy Gym Floor | 30mins Mix Fab Abs Ally Gym Studio |
| 6:00pm | | 30mins Mix Raise the Bar Jimmy Gym Floor | 45mins Adv Functional Fitness Ally Gym Studio | 45mins Mix Interval Spin Jimmy Gym Floor | 30mins Mix Mobility Workout Ally Gym Studio |
| 6:30pm | 30mins Mix Cardio PT Group Ally Gym Floor | 15mins Mix Fab Abs Jimmy Gym Studio | | | |