

# Studio Timetable

Spring 2023

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)

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