

Studio Timetable

Winter 2024

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
Morning					
6:00am	30mins Mix Kettlebells Magda Gym Studio	30mins Mix Hybrid Core Magda Gym Studio	30mins Mod Energy Booster Magda Gym Floor	30mins Mod Healthy Spine Magda Gym Studio	
6:30am	30mins Mix Endurance - Spin Magda Gym Floor	30mins Mix Interval - Spin Magda Gym Floor	30mins Mix Dance Step Magda Gym Studio	30mins Adv Tabata Daniel Gym Studio	30mins Mix Magic Bar Magda Gym Studio
7:00am	30mins Mix Fit Ball Jimmy Gym Studio	30mins Mix Aero Boxing Daniel Gym Studio	30mins Adv Raise the Bar Jimmy Gym Studio		30mins Mod Stretching Magda Gym Floor
Afternoon					
12:15pm	30mins Mix Interval - Spin Jimmy Gym Floor 45mins Mod Hatha Yoga Pregnancy Friendly Katya Chadwick		30mins Mix Interval - Spin Jimmy Gym Floor	45mins Mix Flow Yoga Katya Chadwick	30mins Adv Hill - Spin Jimmy Gym Floor
1:00pm	30mins Mod Strength & Tone Magda Gym Studio	45mins Adv Bootcamp Magda Outdoor/Studio		30mins Mix Box Padwork Daniel Gym Studio	30mins Mix Interval - Spin Daniel Gym Floor
2:30pm					30mins Mix Weights PT Group Daniel Gym Floor
4:30pm	30mins Mix Kettlebells Charlotte Gym Studio				30mins Mix Tabata Charlotte Gym Studio
Evening					
5:15pm		45mins Mix Interval - Spin Jimmy Gym Floor	45mins Mix Chill Yoga Katya Chadwick		
5:30pm	60mins Adv Hyrox Workout Daniel Gym Studio		30mins Mix Kettlebells Daniel Gym Studio		30mins Mix Circuit Training Daniel Gym Studio
6:00pm		30mins Mix Raise the Bar Jimmy Gym Studio	30mins Mix Aero Boxing Daniel Gym Studio	30mins Mix Hyrox Workout Jimmy Gym Studio	30mins Mod Mobility Workout Charlotte Gym Studio
6:30pm	30mins Mix Weights PT Group Charlotte Gym Floor	15mins Mix F-abs Jimmy Gym Studio	15mins Mix Mobility Daniel Gym Studio	15mins Mix F-abs Jimmy Gym Floor	