

Studio Class Timetable

iCHANGE January 2017

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
8:30-9:30am	SPINNING JOURNEY Peter	TCR	8:30-9:30am	SPINNING PERFORMANCE Mim	TCR	8:30-9:30am	PUMP Milos	TBR	8:30-9:30am	BOXFIT Tamara	TFR	8:30-9:45am	SPINNING PERFORMANCE Mim	TCR	8:30-9:30am	PILATES Ivana	TBR	8:30AM-9:30AM	SPINNING Foundations Mim	TCR
8:30-9:30am	PILATES LO MAT Tamara +/+	TBR	9:30-10:30am	SHAPE Milos	terrace	8:30-9:30am	SPINNING BELIEF Peter+//+++	TCR	9:30-10:30am	CORE PILATES LO Ivana +/+	TBR				8:30AM-9:30AM	SPINNING Foundations Peter	TCR	9:30-10:30am	SPINNING PERFORMANCE Mim	TCR
9:30-10:30am	PUMP LO Tamara	TBR							9:30-10:30am	SPINNING CANDY Mim	TCR				9:30-10:30am	SPINNING PERFORMANCE Peter	TCR			
															9:30-10:30am	PUMP Ivana	TBR			

11:00am-3:30pm	OPEN RIDE AND RUN	TCR
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4:30-5:15pm	Pilates Express LO Ivana	TBR	4:30-5:15pm	SPINNING EXPRESS LO Mim	TCR	5:30-6:30pm	BOXFIT Intro The Terrace	4:30-5:15pm	SPINNING INTRO Peter	TCR	4:30-5:30pm	FUNCTIONAL CORE Ivana	TFR	5:30-6:30pm	SPINNING on the terrace The Terrace	
5:30-6:30pm	SPINNING CANDY Mim	TCR	5:30-6:30pm	PILATES WEIGHTLOSS +//+ Ivana	TBR	5:30-6:30pm	SPINNING TABATA Peter+//+++	TCR	5:30-7:00pm	YOGA	TBR	5:30-6:30pm	SHAPE Strength The Terrace	5:30-6:30pm	SHAPE Strength Milos	TFR
5:30-6:15pm	SHAPE EXPRESS Claire	The Terrace	5:30-6:30pm	SHAPE Strength Milos	TFR	6:30-7:30pm	PUMP Milos	TBR	5:30-6:15pm	SHAPE EXPRESS The Terrace	6:00-7:00pm	SPINNING CLUB NIGHT Peter	TCR	5:30-6:45pm	YOGA FLOW AND RESTORE Sahar+//+	TBR
6:30-7:30pm	PUMP Milos	TBR	6:30-7:30pm	BOXFIT Tamara	TFR	6:30-7:30pm	SPINNING FOUNDATIONS Peter	TCR	6:30-7:30pm	BOXFIT Peter M The Terrace						
7:30-8:45pm	SPINNING FOUNDATIONS Peter	TCR	6:30-7:30pm	SPINNING PERFORMANCE Mim	TCR	7:30-8:30pm	SHAPE Cardio Milos	The Terrace	6:30-7:30pm	PILATES Ivana	TBR					
7:30-8:30pm	SHAPE Cardio Milos	The Terrace	7:30-8:30pm	YOGA ALIGN AND FLOW Kat+//+++	TBR				6:30-7:30pm	SPINNING PERFORMANCE Rebecca	TCR					
			7:30-8:30pm	FUNCTIONAL Mobility Ivana	TFR				7:30-8:30pm	FUNCTIONAL MOBILITY Rhys	TFR					
									7:30-8:30pm	RUNNING ATTITUDE Tamara	OUT					

TFR THE FLOW ROOM	+ SUITABLE FOR BEGINNERS AND PEOPLE OF MIXED LEVELS	
TCR THE CYCLING ROOM	++ INTERMEDIATE	SPINNING®
TBR THE BALANCE ROOM	+++ ADVANCED	DANCE
Out OUTDOOR		CORE/STRENGTH
LO LADIES ONLY		BODY AND MIND
BOOKINGS ONLY & MULTIPLE WEEK COURSES		PERFORMANCE CYCLI

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