



Eyemouth Studio

CLASSES TIMETABLE

Monday 27 September

Time	Activity
Monday	
06:30 - 07:00	R1ze
09:00 - 09:45	Spin
14:00 - 14:45	Gym Circuits
17:30 - 18:00	Xpress Spin
18:15 - 19:00	L1ft
19:15 - 20:00	Boogie Bounce
Tuesday	
06:15 - 07:00	L1ft
09:00 - 09:45	Zumba
10:00 - 10:45	Beginner Spin
14:00 - 14:45	Weights Mashup
18:15 - 19:00	Tonesane
19:15 - 20:00	Spin
Wednesday	
06:15 - 07:00	Bootcamp
09:00 - 09:45	Boogie Bounce
17:30 - 18:00	R1ze Wed
18:15 - 19:00	Zumba
Thursday	

06:15 - 07:00

Spin

09:00 - 09:45

Tonesane

14:00 - 14:45

Trx Weights Abs

17:30 - 18:15

Box To The Beat

18:30 - 19:15

Bootcamp

Friday

06:15 - 07:00

Gym Circuits

09:00 - 09:45

Zumba

17:15 - 17:45

Xpress Spin

Saturday

08:30 - 09:00

Xpress Spin

09:00 - 09:30

L1ft

Sunday

No classes