



Guildford Class Timetable



Christmas 2024

MON 23rd	TUE 24th	WED 25th	THUR 26th	FRI 27th	SAT 28th	SUN 29th
6AM - 10.30PM	6AM- 4PM	CLOSED	CLOSED	6AM- 4PM	7.30AM- 4PM	7.30AM - 4PM
7.45-8.15 Virtual Balance	7.45 - 8.15 Virtual Attack	M	C	7.30 - 8.15 Virtual Pump	8.15-9.00 Virtual Trip	8.15 - 9.00 Virtual Pump
9.15 - 10.15 Body Pump	9.15-10.00 Virtual Pump	E	H	9.30 - 10.15 Virtual RPM	9.15 - 10.00 Virtual Attack	9.15 - 10.15 RPM
10.30-11.15 Virtual RPM	10.30 - 11.30 Virtual Balance	R	R	10.30 - 11.30 Virtual Balance	10.15 - 11.15 Body Pump	10.30 - 11.30 Yoga
11.45 - 12.45 Yoga	11.45-12.30 Virtual Core	R	I	11.45 - 12.45 Pilates	11.30 - 12.30 Virtual Balance	11.45- 12.45 Virtual Balance
13.00 - 13.45 Chair Fusion	13.00-13.45 Pilates	R	S	13.00 - 13.45 Virtual Core	13.00 - 13.45 Virtual Core	13.00 - 13.45 Virtual Core
14.00 -14.30 Virtual Barre	14.00-14.45 Low Impact Interval Training	Y	T	14.15 - 14.45 Virtual Barre	14.00 - 14.45 Virtual Combat	14.00 - 14.30 Virtual Grit
15.00-15.45 Virtual Attack	15.00-15.45 Virtual Core		M	15.00 - 15.45 Virtual Trip	15.00 - 15.45 Virtual Pump	15.00 - 15.30 Virtual Barre
17.00 - 18.00 Pilates			A			
18.15-19.00 Virtual Dance			S			
19.15-20.15 Virtual Pump						
20.30-21.30 Virtual Combat						



Guildford Class Timetable



Christmas 2024

MON 30th	TUE 31st	WED 1st	THUR 2nd	FRI 3rd	SAT 4th	SUN 5th
6AM - 4PM	6AM- 4PM	CLOSED	6AM-10.30PM	6AM-10.30PM	7.30AM-9.30PM	7.30AM-9.30PM
7.45-8.15 Virtual Balance	7.45 - 8.15 Virtual Attack	N	6.45 - 7.30 Virtual Pump	7.30 - 8.15 Virtual Pump	8.15-9.00 Virtual Trip	8.15 - 9.00 Virtual Pump
9.15 - 10.15 Body Pump	9.15-10.00 Virtual Pump	E	7.45 - 8.15 Virtual Grit	9.15 - 10.00 Virtual Trip	9.15 - 10.00 Virtual Attack	9.15 - 10.00 RPM
10.30-11.15 Virtual RPM	10.30 - 11.30 Vinyasa Flow Yoga	W	9.15 - 10.00 Virtual RPM	10.30 - 11.30 Yoga	10.15 - 11.15 Body Pump	10.30 - 11.30 Virtual Balance
11.45 - 12.45 Yoga	11.45 - 12.45 Virtual Balance		10.30 - 11.30 Virtual Pump	11.45 - 12.45 Pilates Studio	11.45 - 12.45 Virtual Balance	13.00 - 13.45 Virtual Core
13.00 - 13.45 Chair Fusion	13.00 - 14.00 Pilates Studio		12.00 - 12.45 Chair Fusion Studio	13.00 - 13.45 Virtual Core	13.00 - 13.45 Virtual Core	14.00 - 14.30 Virtual Grit
14.00 -14.30 Virtual Barre	14.00-14.45 Low Impact Interval Training	Y	13.00 - 14.00 Yoga	14.15 - 15.00 Virtual Dance	14.00 - 14.45 Virtual Combat	15.00 - 15.45 Virtual Dance
15.00-15.45 Virtual Attack	15.00-15.45 Virtual Core	E	14.00 - 14.45 Virtual Balance	15.15 - 16.00 Virtual Trip	15.00 - 15.45 Virtual Pump	17.00 - 17.30 Virtual Grit
H		A	15.00 - 15.45 Virtual Pump	17.00 - 17.45 Virtual RPM	17.00 - 17.45 Virtual Dance	18.00 - 19.00 Pilates
A		R	17.00 - 18.00 Virtual Balance	18.00 - 18.45 Virtual Pump	18.00 - 18.30 Virtual Core	20.30-21.00 Virtual Core
P		S	18.15 - 19.00 Virtual Dance	19.00 - 20.00 Virtual balance	19.00 - 19.30 Virtual Sprint	
P			19.15-20.15 Virtual Pump	20.30 - 21.00 Virtual Grit	20.00 - 20.45 Virtual Balance	
Y			20.30-21.30 Virtual Balance	21.00 - 21.30 Virtual Core		