

STUDIO CLASS TIMETABLE



FORMBY HALL
GOLF RESORT & SPA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT 6:40-7:10AM RACHAEL	AQUA HIIT 9-9:45AM MESSA	'ENERGISE' VINYASA YOGA 7:30-8:30AM DEBRA	AQUA HIIT 9-9:45AM MESSA	HIIT 6:40-7:10AM RACHAEL	8-8:45AM PUMP & TONE MESSA	AQUALATES 9-9:45AM SHIRLEY
KETTLEBELLS 7:15-7:45AM RACHAEL	STEP & CONDITIONING 9:30-10:15AM HEATHER	STRENGTH & CONDITIONING 9:30-10:15AM HEATHER	STEP & CONDITIONING 9:30-10:15AM HEATHER	KETTLEBELLS 7:15-7:45AM RACHAEL	KAI BO 8:55-9:40AM MESSA	TOTAL BODY BLITZ 10-11:15AM RACHAEL
ALL ABOUT ABS 7:50-8:20AM RACHAEL	YOGA 10:30-11:30 HEATHER	PILATES 10:30-11:15AM HEATHER	YOGA 10:30-11:30 HEATHER	ALL ABOUT ABS 7:50-8:20AM RACHAEL	HIIT 9:50-10:50AM MESSA	STRETCH & FOAM 11:30-12:30AM MESSA
YOGA 10:30-11:30AM DEBRA	VIRTUAL TECHNOGYM 12-4:45PM	VIRTUAL TECHNOGYM 12-4:45PM	LBT 12-12:45PM MESSA	STRENGTH & CONDITIONING 9:30-10:15AM HEATHER	YOGA 11-12PM HEATHER	
HIIT 12:15-1PM RACHAEL	LBT 5-5:30PM MESSA	PILATES 5:40-6:25 SHIRLEY	ALL ABOUT ABS 12:45-1:15PM RACHAEL	PILATES 10:30-11:15AM HEATHER	VIRTUAL TECHNOGYM 1-7PM	VIRTUAL TECHNOGYM 2-7PM
VIRTUAL TECHNOGYM 1:30-4:45PM	HIIT 5:30-6:15PM MESSA	CIRCUIT TRAINING 6:30-7:30 MESSA	VIRTUAL TECHNOGYM 12-4:45PM	VIRTUAL TECHNOGYM 12-4:45PM		
GLUTES BLAST 5:10-5:40PM RACHAEL	YOGA 6:15-7:15PM DEBRA	PUMP & TONE 7:30-8:15PM MESSA	BOOT CAMP 6-7:15PM RACHAEL	GLUTES BLAST 4:10-4:55PM MESSA		
CORE STABILITY 5:45-6:15PM RACHAEL			YOGA 7:15-8:15PM DEBRA	HIIT 5-5:45PM MESSA		
PUMP & TONE 6:30-7:30PM MESSA				ALL ABOUT ABS 5:45-6:15PM MESSA		
PILATES 7:30-8:30PM SHIRLEY				QIGONG YOGA 6:15-7:15PM SHIRLEY		