

CLASS TIMETABLE



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
MORNINGS	6:00 - 11:15	6:15 - 7:00 FUNCTIONAL AREA	HYROX	6:15 - 7:00 FUNCTIONAL AREA	FITT	6:15 - 7:00 FUNCTIONAL AREA	HYROX	6:15 - 7:00 FUNCTIONAL AREA	STRENGTH	6:15 - 7:00 FUNCTIONAL AREA	HYROX	8:15 - 9:00 FUNCTIONAL AREA	HYROX	8:15 - 9:00 FUNCTIONAL AREA	STRENGTH		
		7:00 - 7:45 MIND & BODY STUDIO	REFORMER INTERMEDIATE	7:00 - 7:45 MIND & BODY STUDIO	REFORMER BEGINNER	7:00 - 7:45 MIND & BODY STUDIO	REFORMER INTERMEDIATE	7:00 - 7:45 MIND & BODY STUDIO	REFORMER BEGINNER	7:00 - 7:45 MIND & BODY STUDIO	REFORMER INTERMEDIATE	7:00 - 7:45 MIND & BODY STUDIO	REFORMER INTERMEDIATE	8:30 - 9:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	8:30 - 9:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE
		9:15 - 10:00 FUNCTIONAL AREA	STRENGTH	9:15 - 10:00 FUNCTIONAL AREA	HYROX	9:15 - 10:00 FUNCTIONAL AREA	FITT	9:15 - 10:00 FUNCTIONAL AREA	HYROX	9:15 - 10:00 FUNCTIONAL AREA	STRENGTH	9:15 - 10:00 FUNCTIONAL AREA	STRENGTH	9:15 - 10:00 FUNCTIONAL AREA	STRENGTH	9:15 - 10:00 FUNCTIONAL AREA	FITT
		9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER	9:30 - 10:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER	9:30 - 10:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER	9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER	9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER	9:30 - 10:15 MIND & BODY STUDIO	REFORMER BEGINNER
														10:15 - 11:00 FUNCTIONAL AREA	FITT	10:15 - 11:00 FUNCTIONAL AREA	HYROX
															10:30 - 11:15 MIND & BODY STUDIO	REFORMER BEGINNER	10:30 - 11:15 MIND & BODY STUDIO
DAYTIME	11:30-13:00	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE	11:30 - 12:15 MIND & BODY STUDIO	REFORMER INTERMEDIATE		
		12:15 - 13:00 FUNCTIONAL AREA	HYROX	12:15 - 13:00 FUNCTIONAL AREA	STRENGTH	12:15 - 13:00 FUNCTIONAL AREA	HYROX	12:15 - 13:00 FUNCTIONAL AREA	FITT	12:15 - 13:00 FUNCTIONAL AREA	HYROX						
EVENINGS	18:00 - 20:00	18:00 - 18:45 FUNCTIONAL AREA	FITT	18:00 - 18:45 FUNCTIONAL AREA	HYROX	18:00 - 18:45 FUNCTIONAL AREA	HYROX	18:00 - 18:45 FUNCTIONAL AREA	HYROX	18:00 - 18:45 FUNCTIONAL AREA	FITT						
		18:15 - 19:00 MIND & BODY STUDIO	REFORMER BEGINNER	18:15 - 19:00 MIND & BODY STUDIO	REFORMER BEGINNER	18:15 - 19:00 MIND & BODY STUDIO	REFORMER BEGINNER	18:15 - 19:00 MIND & BODY STUDIO	REFORMER BEGINNER	18:15 - 19:00 MIND & BODY STUDIO	REFORMER BEGINNER						
		19:00 - 19:45 FUNCTIONAL AREA	HYROX	19:00 - 19:45 FUNCTIONAL AREA	STRENGTH	19:00 - 19:45 FUNCTIONAL AREA	FITT	19:00 - 19:45 FUNCTIONAL AREA	HYROX	19:00 - 19:45 FUNCTIONAL AREA	STRENGTH						
		19:15 - 20:00 MIND & BODY STUDIO	REFORMER INTERMEDIATE	19:15 - 20:00 MIND & BODY STUDIO	REFORMER INTERMEDIATE	19:15 - 20:00 MIND & BODY STUDIO	REFORMER INTERMEDIATE	19:15 - 20:00 MIND & BODY STUDIO	REFORMER INTERMEDIATE	19:15 - 20:00 MIND & BODY STUDIO	REFORMER INTERMEDIATE						

- STRENGTH
- MIND/BODY
- INTERVAL
- HIGH INTENSITY

This timetable may be subject to change.
 Classes can be booked up to 10 days in advance depending on your membership type.
 This can be done via the Hylton Health Clubs App.
 Please ensure you turn up on time or you may be refused entry.
 Trip socks are mandatory. (Reformer only)