

STUDIO TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30-8am	7.30-8.30am Power Walk	7.30-8.30am Surrenne Yoga	7.30-8.30am Surrenne Legs, Abs & Glutes	8-9am Surrenne Barre	7.30-8.30am Surrenne Legs, Abs & Glutes		
8-8.30am							
8.30-9am							
9-9.30am		9-10am On Demand Earth & Sky	9-10am Surrenne Zen			9-10am Surrenne Combat	9-10am Surrenne Run
9.30-10am					9:30-10:30am Surrenne Pilates		
10-10.30am	10-10:30am Surrenne Functional	10-11am Surrenne Park Bootcamp	10-11am Surrenne Pilates		10-11am Surrenne Yoga		10-11am Surrenne Power Walk
10.30-11am	10:30-11.30am On Demand Earth & Sky						
11-11.30am				11am-12pm Surrenne Power Walk			
11.30am- 12pm							11:30am- 12:30pm Surrenne HiIT
12-12.30pm	12-1pm Surrenne Pilates Sculpt	12:30-1pm Surrenne Core Blast	12:30-1pm Surrenne Stretch			12-1pm Surrenne Park Bootcamp	
12.30-1pm							
1-1.30pm					1-2pm Surrenne Stretch & Mobility		1-1:30pm Surrenne Stretch
1.30-2pm	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky	1:30-2.30pm On Demand Earth & Sky		1:30-2.30pm On Demand Earth & Sky	
2-2.30pm							2-3pm On Demand Earth & Sky
2.30-3pm							
6-6.30pm	6-7pm Surrenne Circuits		6-7pm Surrenne Power		6-7pm Surrenne Combat		
6.30-7pm							
7-7.30pm		7-8pm Surrenne Karate / Self Defence					
7.30-8pm							
8-8.30pm		8-9pm Surrenne Zen		8-9pm Surrenne Zen			
8.30-9pm							

SURRENNE