

Studio Timetable

Summer 2025

Call in, phone us **01925 824 455** email info@alive-well.co.uk or visit www.alive-well.co.uk

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	30min Mix Kettlebells Magda Gym Studio	30min Mix Hybrid Core Magda Gym Studio	30min Mod Energy Booster Magda Gym Floor	30min Mod Healthy Spine Magda Gym Studio	
6:30am	30min Mix Endurance - Spin Magda Gym Floor	30min Mix Interval - Spin Magda Gym Floor	30min Mix Dance Step Magda Gym Studio	30min Adv Tabata Daniel Gym Studio	30min Mix Magic Bar Magda Gym Studio
7:00am	30min Mix Fit Ball Jimmy Gym Studio	30min Mix Aero Boxing Daniel Gym Studio	30min Adv Raise the Bar Jimmy Gym Studio		30min Mod Stretching Magda Gym Studio
9:30am					30min Mix Interval Spin Daniel Gym Floor
11:45am			30min Mod Stretching Magda Gym Floor		
12:15pm	30min Mix Interval - Spin Jimmy Gym Floor		30min Adv Hill - Spin Jimmy Gym Floor	45min Lvl 3&4 Flow Yoga Katya Chadwick	30min Mix Interval - Spin Jimmy Gym Floor
	45min Lvl 1&2 Hatha Yoga Katya Chadwick				30min Mod Walkie Talkie Daniel Outdoor
12:30pm			30min Mod Running Club Magda Outdoor		
			20min Mod Mindful Steps Peace & Mind Outdoor		
1:00pm	30min Mod Strength & Tone Magda Gym Studio	45min Adv Bootcamp Magda Outdoor/Studio		30min Mix Box Padwork Daniel Gym Studio	
2:30pm					30min Mix Easy Lift Daniel Gym Studio
4:30pm	30min Mix Kettlebells Charlotte Gym Studio		30min Mix Weights Group PT Charlotte Gym Floor		
5:15pm		30min Mix Interval - Spin Jimmy Gym Floor	45min Lvl 1&2 Chill Yoga Katya Chadwick		
5:30pm	60min Adv Hyrox Workout Daniel Gym Studio		30min Mix Kettlebells Daniel Gym Studio		30min Mix Circuit Training Charlotte Gym Studio
6:00pm		30min Mix Raise the Bar Jimmy Gym Studio	30min Mix Aero Boxing Daniel Gym Studio	30min Mix Bootcamp Jimmy Gym Studio	30min Mod Mobility Workout Charlotte Gym Studio
6:30pm	30min Mix Weights PT Group Charlotte Gym Floor	15min Mix F-abs Jimmy Gym Studio	15min Mix Mobility Daniel Gym Studio	15min Mix F-abs Jimmy Gym Floor	