

Studio Timetable

Winter 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	
6:15am					45min Mix Magic Bar Magda Gym Studio
6:30am	30min Mix Endurance - Spin Magda Gym Floor	30min Mix Interval - Spin Magda Gym Floor	30min Mix Fat Burn Magda Gym Studio	30min Adv Tabata Daniel Gym Studio	
7:00am	30min Mod Functional Fitness Eugene Gym Studio	30min Mix HIIT Daniel Gym Studio	30min Adv Raise the Bar Jimmy Gym Studio		30min Mod Stretching Magda Gym Studio
9:30am					30min Mix Easy Lift Daniel Gym Studio
12:00pm			30min Mod Stretch, Sip & Smile Magda Gym Floor		
12:15am	30min Mix Interval - Spin Daniel Gym Floor	45min Lvl 1&2 Hatha Yoga Katya Chadwick	30min Adv Hill - Spin Jimmy Gym Floor	45min Lvl 3&4 Flow Yoga Katya Chadwick	30min Mix Interval - Spin Daniel Gym Floor
	45min Mod Pilates Eugene Gym Studio				
12:30pm			20min Mod Mindful Steps Peace & Mind Outdoor		
1:00pm	30min Mod Strength & Tone Magda Gym Studio	30min Adv Bootcamp Magda Outdoor/Studio		30min Mix Box Padwork Daniel Gym Studio	
5:15pm	45min Lvl 1 Chill Yoga Katya Chadwick			30min Mix Hill Spin Jimmy Gym Floor	
5:30pm	60min Mix Hyrox Workout Daniel Gym Studio		30min Mix Kettlebells Daniel Gym Studio		30min Mix Mobility Eugene Gym Studio
5:45pm		30min Mix Functional Fitness Eugene Gym Studio			
6:00pm			30min Mix Aero Boxing Daniel Gym Studio	30min Mix Raise the Bar Jimmy Gym Studio	30min Mod Pilates Eugene Gym Studio
6:15pm		30min Mix Pilates Eugene Gym Studio			
6:30pm			15min Mix Mobility Daniel Gym Studio	15min Mix F-abs Jimmy Gym Floor	



Classes require advanced booking via the [Fit Sense app](#) or info@alive-well.co.uk