

Studio Timetable



Spring 2026

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 Power Core Magda Gym Studio | 30min Mod Dynamic Flow Magda Gym Floor | 30min Mod Stability & Strength Magda Gym Studio | |
| 6:30am | 30min Mix Endurance Ride Magda Gym Floor | 30min Mix Power Ride Magda Gym Floor | 30min Mix Fat Burn Magda Gym Studio | 30min Mix Tabata Daniel Gym Studio | 6:15am 45min Mix Barbell Burn Magda Gym Studio |
| 7:00am | | 30min Mix HIIT Daniel Gym Studio | 30min Mix Functional Strength Eugene Gym Studio | | 30min Mod Recovery Flow Magda Gym Studio |
| 9:30am & 10:00am | | | 9:30am 20min Mod Strong & Steady 60+ Magda Gym Studio | | 10am 30min Mix Easy Lift Daniel Gym Studio |
| 11:00am & 12:00pm | | | 12pm 30min Mod Stretch, Sip & Smile Magda Gym Studio | | 11am 10min Mix Power Break Daniel Gym Studio |
| 12:15pm | 30min Mix Pilates Eugene Gym Studio | 45min Lvl 1&2 Hatha Yoga Katya Chadwick | | 45min Lvl 3&4 Flow Yoga Katya Chadwick | |
| | 30min Mix Power Ride Daniel Gym Floor | | 30min Mix Climb Ride Daniel Gym Floor | 30min Mix Fight Camp Daniel Gym Studio | 30min Mix Power Ride Daniel Gym Floor |
| 12:30pm & 12.45pm | | 12:30pm 45min Mix Power Camp Magda Studio & Outdoor | 12:45pm 30min Mod Pilates Eugene Gym Studio | | |
| 1:00pm | 30min Mod Strength & Tone Magda Gym Studio | | | 10min Mix Power Break Jimmy Gym Floor | |
| 5:00pm | 10min Mix Power Break Eugene Gym Floor | | | | |
| 5:15pm | 45min Lvl 1 Recovery Yoga Katya Chadwick | 10min Mix Power Break Eugene Gym Floor | | 30min Mix Climb Ride Jimmy Gym Floor | |
| 5:30pm | 60min Mix Power Hybrid Daniel Gym Studio | | 30min Mix Kettlebells Daniel Gym Studio | | 30min Mix Power Circuit Jimmy Gym Studio |
| 5:45pm | | 30min Mix Functional Strength Eugene Gym Studio | | | |
| 6:00pm | | | 30min Mix Cardio Combat Daniel Gym Studio | 30min Mix Total Body Jimmy Gym Studio | 30min Mix Weights Group PT Jimmy Gym Floor |
| 6:15pm | | 30min Mix Pilates Eugene Gym Studio | | | |
| 6:30pm | | | 15min Mix Recovery Flow Daniel Gym Studio | 15min Mix Core Blast Jimmy Gym Studio | |



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

Classes: Mod Moderate level Mix Mixed level Adv Advance level / Yoga: Lvl 1&2 Level 1&2 Lvl 3&4 Level 3&4