



## Studio timetable

### MONDAY

#### CYCLE

#### MAIN

#### KAIZEN

#### POOL

6:30-7:15

COACH BY COLOUR  
Simone Farrington

BOOTCAMP+  
Stuart Niven

9:15-10:00

COACH BY COLOUR  
Victoria Ward

POUND  
Anoushka Moore

VINYASSA FLOW  
Cathy Rawlings

10:30-11:15

COACH BY COLOUR  
Victoria Ward

LEAN  
Anoushka Moore

PILATES  
Alex Davies

TIDALWAVE  
Ben Hodgkinson

12:15-13:00

HATHA YOGA  
Janet Long

12:30-13:00

MYRIDE TOUR COACH  
Virtual Cycle

17:00-17:30

MYRIDE TOUR COACH  
Virtual Cycle

18:00-18:45

COACH BY COLOUR  
Bertrand Charles

AMRAP CHALLENGE  
Stuart Niven

BARRE PILATES  
Sarah Nixon

19:15-20:00

COACH BY COLOUR  
Sarah Nixon

RESHAPE GLUTES N  
CORE  
Bertrand Charles

ASHTANGA YOGA  
Kate Kearns

20:15-21:15

TOUCH TENNIS  
Shona Morris

### TUESDAY

#### CYCLE

#### MAIN

#### KAIZEN

#### POOL

6:30-7:15

COACH BY COLOUR  
Simone Farrington

SUNRISE YOGA  
Sophie Ng

9:15-10:00

COACH BY COLOUR  
Anoushka Moore

CORE CHAOS  
Sarah Lewis

RESTORATIVE FLOW  
Lucy Watson

10:30-11:15

COACH BY COLOUR  
Georgina Basso

KETTLERCISE  
Anoushka Moore

YO-CHI  
Shari Donay

SPLASH DANCE  
Jonathan Chianca

11:45-12:30

METAFIT+  
Jonathan Chianca

BARRE PILATES  
Sarah Nixon

12:30-13:00

ICG STUDIO COACH  
Virtual Cycle

18:00-18:45

COACH BY COLOUR  
Heather Entwistle

CARDIO BOX  
Ben Hodgkinson

PILATES  
Heidi Cowen

19:15-20:00

COACH BY COLOUR  
Heather Entwistle

REPPIN'  
Claire Cowgill

### WEDNESDAY

#### CYCLE

#### MAIN

#### KAIZEN

#### POOL

6:30-7:15

COACH BY COLOUR  
Simone Farrington

BOOTCAMP+  
Stuart Niven

9:15-10:00

COACH BY COLOUR  
Lucy Craven

PIYO  
Anoushka Moore

POWER YOGA  
Sarah Lewis

10:30-11:15

COACH BY COLOUR  
Lucy Craven

ZUMBA  
Elliot Becci

BARRE  
Tracey Torrible

AQUA  
Anoushka Moore

11:45-12:30

LIFT  
Elliot Becci

FITNESS PILATES  
Sarah Nixon

12:30-13:00

MYRIDE TOUR COACH  
Virtual Cycle

12:45-13:30

SOMATIC YOGA  
Lisa Jones

17:00-17:30

MYRIDE TOUR COACH  
Virtual Cycle

HIIT  
Zoe Albinson

18:00-18:45

COACH BY COLOUR  
George Basso

RESHAPE ABS & ARMS  
Zoe Albinson

BARRE PILATES  
Sarah Nixon

19:15-20:00

COACH BY COLOUR  
George Basso

SUNDOWN YOGA  
Sophie Ng

VINYASSA FLOW  
Sarah Lewis

20:15-21:15

TOUCH TENNIS  
Shona Morris

### THURSDAY

#### CYCLE

#### MAIN

#### KAIZEN

6:30-7:15

COACH BY COLOUR  
Sarah Nixon

SUNRISE YOGA  
Sophie Ng

9:15-10:00

COACH BY COLOUR  
Anoushka Moore

CARDIO BOX  
Ben Hodgkinson

PILATES  
Sophie Ng

10:30-11:15

COACH BY COLOUR  
Georgina Basso

KETTLERCISE  
Anoushka Moore

SLOW FLOW  
Kate Kearns

11:45-12:30

STRETCH & TONE  
Niki Trevena Carey

BARRE  
Tracey Torrible

12:30-13:00

MYRIDE TOUR COACH  
Virtual Cycle

17:00-17:30

MYRIDE STUDIO COACH  
Virtual Cycle

HIIT  
Lisa Hilton

18:00-18:45

COACH BY COLOUR  
Bertrand Charles

19:15-20:00

MYRIDE TOUR COACH  
Virtual Cycle

LES MILLS BODY PUMP  
Bertrand Charles

HOT YOGA  
Amanda Riley

20:15-21:15

VINYASSA FLOW  
Amanda Reilly

### FRIDAY

#### CYCLE

#### MAIN

#### KAIZEN

6:30-7:15

COACH BY COLOUR  
Simone Farrington

BOOTCAMP+  
Ruth Arnold

9:15-10:00

COACH BY COLOUR  
Anoushka Moore

SCULPT  
Jonathan Chianca

PILATES  
Alex Davis

10:30-11:15

COACH BY COLOUR  
Anoushka Moore

DIVA FEVER  
Jonathan Chianca

SOMATIC YOGA  
Lisa Jones

12:30-13:00

MYRIDE TOUR COACH  
Virtual Cycle

17:30-18:15

MYRIDE TOUR COACH  
Virtual Cycle

TOTAL BODY HIIT  
Stuart Niven

SLOW FLOW  
Cathy Rawlings

### SATURDAY

#### CYCLE

#### MAIN

#### KAIZEN

#### POOL

8:00-8:30

ICG STUDIO COACH  
Virtual Cycle

9:00-9:45

COACH BY COLOUR  
Victoria Ward

INSANITY  
Ruth Arnold

YIN  
Kate Kearns

10:15-11:00

COACH BY COLOUR  
Victoria Ward

BODY TONE  
Sarah Lewis

ASHTANGA  
Kate Kearns

11:30-12:15

YIN-YANG YOGA  
Sarah Lewis

12:30-13:00

ICG STUDIO COACH  
Virtual Cycle

### SUNDAY

#### CYCLE

#### MAIN

#### KAIZEN

#### TENNIS COURT

8:00-8:30

MYRIDE TOUR COACH  
Virtual Cycle

9:00-9:45

COACH BY COLOUR  
Simone Farrington

BOOTCAMP+  
Stuart Niven

CLASIC BARRE  
Caroline Vickers

SUNDAY SOCIAL TENNIS  
Shona Morris

10:15-11:00

COACH BY COLOUR  
Simone Farrington

LBT  
Zoe Albinson

HATHA YOGA  
Samantha Newman

11:30-12:15

BEGINNERS YOGA  
Sophie Ng

12:30-13:00

MYRIDE TOUR COACH  
Virtual Cycle

17:00-18:00

POWER DOWN YIN  
Kate Kearns

Thank you