

# CLASS TIMETABLE

## FROM JUNE 9<sup>TH</sup> 2025

### MONDAY

| CLASS               | TIME        | LOCATION     | INSTRUCTOR |
|---------------------|-------------|--------------|------------|
| HYROX               | 06.15-07.00 | HYRIG        | Club Coach |
| Body Pump Express   | 07.00-07.45 | Dance Studio | Bea        |
| Pilates             | 08.00-08.55 | Wellness     | Charlene   |
| Pilates             | 09.15-10.15 | Wellness     | Charlene   |
| HYRIG Strength      | 09.45-10.35 | HYRIG        | Club Coach |
| Body Pump           | 10.00-10.55 | Dance Studio | Jess       |
| Reformer Pilates*   | 10.45-11.35 | Wellness     | Charlene   |
| Zumba               | 11.00-11.45 | Dance Studio | Lucy       |
| Reformer Pilates*   | 11.45-12.35 | Wellness     | Charlene   |
| Low Impact Circuits | 12.30-13.15 | Dance Studio | Alli       |
| Reformer Pilates*   | 12.45-13.35 | Wellness     | Charlene   |
| Reformer Pilates*   | 16.30-17.20 | Wellness     | Julie      |
| Reformer Pilates*   | 17.30-18.20 | Wellness     | Julie      |
| HYROX Strength      | 17.45-18.35 | HYRIG        | Club Coach |
| Circuits            | 18.00-19.00 | Dance Studio | Lucy       |
| Indoor Cycle        | 18.15-19.00 | Cycle Studio | Charlie    |
| Yoga Vinyasa        | 18.30-19.30 | Wellness     | Francine   |
| Zumba               | 19.10-19.55 | Dance Studio | Lucy       |

### TUESDAY

|                   |             |              |            |
|-------------------|-------------|--------------|------------|
| HYRIG HYROX       | 06.30-07.25 | HYRIG        | Charlie    |
| Yoga Sunrise      | 07.00-07.55 | Wellness     | Francine   |
| TRX Core Strength | 07.45-08.15 | HYRIG        | Charlie    |
| Pilates           | 09.15-10.15 | Wellness     | Zoe Hall   |
| Kettlebells       | 09.15-10.00 | HYRIG        | Matt       |
| Indoor Cycle      | 09.30-10.15 | Cycle Studio | Simon      |
| LBT               | 10.00-10.55 | Dance Studio | Sharon     |
| TRX Core Strength | 10.15-10.45 | HYRIG        | Club Coach |
| Reformer Pilates* | 10.30-11.20 | Wellness     | Francine   |
| Body Combat       | 11.00-11.50 | Dance Studio | Bea        |
| Reformer Pilates* | 11.30-12.20 | Wellness     | Francine   |

\*class has an additional charge

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|                   |             |              |          |
|-------------------|-------------|--------------|----------|
| Pilates Barre     | 12.30-13.30 | Wellness     | Francine |
| HYRIG BUILD       | 12.30-13.20 | HYRIG        | Jess     |
| Reformer Pilates* | 17.00-17.50 | Wellness     | Julie    |
| HYRIG HYROX       | 17.45-18.35 | HYRIG        | Matt     |
| LBT HiiT          | 18.00-18.50 | Dance Studio | Charlie  |
| Reformer Pilates* | 18.00-18.50 | Wellness     | Julie    |
| Indoor Cycle      | 18.15-19.00 | Cycle Studio | Lucy     |
| Yoga Hatha        | 19.00-20.00 | Wellness     | Nicole   |
| Body Pump Express | 19.00-19.50 | Dance Studio | Sallie   |

## WEDNESDAY

|                      |             |              |               |
|----------------------|-------------|--------------|---------------|
| HYRIG BUILD          | 06.20-7.10  | HYRIG        | Scott         |
| Indoor Cycle         | 07.00-07.45 | Cycle Studio | Charlie       |
| Reformer Pilates*    | 07.30-08.20 | Wellness     | Julie         |
| Reformer Pilates*    | 08.30-09.20 | Wellness     | Julie         |
| HYRIG HiiT           | 09.30-10.15 | HYRIG        | Scott         |
| Zumba                | 09.30-10.15 | Dance Studio | Lucy          |
| Yoga Vinyasa         | 09.45-10.45 | Wellness     | Lucie Jenner  |
| Indoor Cycle         | 09.45-10.30 | Cycle Studio | Emma          |
| LBT                  | 10.20-11.05 | Dance Studio | Helen         |
| TRX Core Strength    | 10.30-11.00 | HYRIG        | Agnes         |
| Reformer Pilates*    | 11.00-11.50 | Wellness     | Lucy          |
| Body Pump Express    | 11.30-12.15 | Dance Studio | Emma          |
| Reformer Pilates*    | 12.00-12.50 | Wellness     | Lucy          |
| Reformer Pilates*    | 16.00-16.50 | Wellness     | Julie         |
| Reformer Pilates*    | 17.00-17.50 | Wellness     | Julie         |
| Body Pump            | 18.00-18.55 | Dance Studio | Jess          |
| Yoga Hatha Flow      | 18.00-19.00 | Wellness     | Sarah Wheeler |
| Indoor Cycle         | 18.15-19.00 | Cycle Studio | Lucy          |
| HYRIG BUILD          | 18.15-19.10 | HYRIG        | Club Coach    |
| Zumba                | 19.10-20.00 | Dance Studio | Charlie       |
| Pilates for Strength | 19.15-20.00 | Wellness     | David Slater  |

## THURSDAY

|                   |             |              |            |
|-------------------|-------------|--------------|------------|
| HYRIG HiiT        | 06.30-07.15 | HYRIG        | Club Coach |
| Yoga Sunrise      | 07.00-08.00 | Wellness     | Francine   |
| TRX Core Strength | 07.30-08.00 | HYRIG        | Club Coach |
| Pilates           | 08.30-09.30 | Wellness     | Francine   |
| Indoor Cycle      | 09.15-10.00 | Cycle Studio | Emma       |
| Zumba             | 09.30-10.15 | Dance Studio | Lucy       |
| 20/20/20          | 10.20-11.20 | Dance Studio | Sharon     |

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|                   |             |              |            |
|-------------------|-------------|--------------|------------|
| TRX Core Strength | 10.40-11.10 | HYRIG        | Club Coach |
| Reformer Pilates* | 11.00-11.50 | Wellness     | Francine   |
| Reformer Pilates* | 12.00-12.50 | Wellness     | Francine   |
| Reformer Pilates* | 13.00-13.50 | Wellness     | Francine   |
| Reformer Pilates* | 16.00-16.50 | Wellness     | Janet      |
| Reformer Pilates* | 17.00-17.50 | Wellness     | Janet      |
| Step Blast        | 17.15-18.00 | Dance Studio | Helen      |
| Kettlebells       | 18.00-18.55 | HYRIG        | Ellie      |
| Yoga Vinyasa Flow | 18.00-18.50 | Wellness     | Susan      |
| Body Pump         | 18.10-19.00 | Dance Studio | Sallie     |
| Indoor Cycle      | 18.15-19.00 | Cycle Studio | Alli       |
| Pilates           | 19.00-20.00 | Wellness     | Francine   |
| HYRIG TRX/HiiT    | 19.15-20.00 | HYRIG        | Club Coach |

## FRIDAY

|                         |             |              |              |
|-------------------------|-------------|--------------|--------------|
| HYRIG HYROX             | 06.30-07.25 | HYRIG        | Owen         |
| Indoor Cycle            | 07.00-07.45 | Cycle Studio | Charlie      |
| Pilates                 | 08.00-09.00 | Wellness     | Janet        |
| Total Body Conditioning | 08.15-09.00 | Dance Studio | Emma         |
| Indoor Cycle            | 08.30-09.15 | Cycle Studio | Simon        |
| Total Body Conditioning | 09.15-10.00 | Dance Studio | Emma         |
| Pilates                 | 09.15-10.15 | Wellness     | Janet        |
| Indoor Cycle            | 09.30-10.15 | Cycle Studio | Simon        |
| Latin Salsa             | 10.00-11.00 | Dance Studio | Marta        |
| Yoga Vinyasa            | 10.30-11.30 | Wellness     | Zoe          |
| TRX Core Strength       | 10.40-11.10 | HYRIG        | Club Coach   |
| Body Pump               | 11.20-12.15 | Dance Studio | Janet        |
| Reformer Pilates*       | 11.45-12.35 | Wellness     | Janet        |
| Reformer Pilates*       | 12.45-13.35 | Wellness     | Janet        |
| HYRIG HYROX             | 12.30-13.20 | HYRIG        | Scott        |
| Vinyasa Dynamic Yoga    | 17.30-18.30 | Wellness     | Lucie Jenner |
| HYRIG HYROX             | 17.45-18.30 | HYRIG        | Club Coach   |
| Indoor Cycle            | 18.00-18.45 | Cycle Studio | Alli         |

## SATURDAY

|              |             |              |            |
|--------------|-------------|--------------|------------|
| HYRIG BUILD  | 08.00-08.50 | HYRIG        | Club Coach |
| LBT HiiT     | 08.30-09.25 | Dance Studio | Charlie    |
| Pilates      | 08.45-09.45 | Wellness     | Charlene   |
| HYROX ENGINE | 09.10-10.45 | HYRIG        | Club Coach |
| Indoor Cycle | 09.45-10.30 | Cycle Studio | Charlie    |
| Body Pump    | 10.00-10.55 | Dance Studio | Charlene   |

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|                   |             |          |          |
|-------------------|-------------|----------|----------|
| Yoga Hatha        | 10.00-11.00 | Wellness | Maureen  |
| Kettlebells       | 11.30-12.15 | HYRIG    | Charlie  |
| Reformer Pilates* | 11.30-12.20 | Wellness | Charlene |
| Reformer Pilates* | 12.45-13.35 | Wellness | Charlene |

## SUNDAY

|              |             |              |            |
|--------------|-------------|--------------|------------|
| HYRIG BUILD  | 09.00-09.50 | HYRIG        | Club Coach |
| Indoor Cycle | 09.30-10.15 | Cycle Studio | Alli       |
| LBT          | 09.45-10.40 | Dance Studio | Helen      |
| Yoga Vinyasa | 10.00-11.00 | Wellness     | Nicole     |
| Body Combat  | 10.45-11.30 | Dance Studio | Nathan     |