

# INSTINCT / classes

## MONDAY

**08:00 /METHOD**

Train • 40min

**09:00 /ELEVATE**

Ride • 40min • Sam

**09:30 /YOGA**

Flow • 75min • Leena

**12:00 /YOGA FLOW**

Flow • 50min • Katie

**14:00 /BURN**

Train • 40min

**18:00 /BURN**

Train • 40min

**18:00 /PURESTRETCH**

Flow • 40min • Emma

**18:15 /ELEVATE**

Ride • 40min • Claire

**19:00 /PURESTRETCH**

Flow • 40min • Emma

## TUESDAY

**07:00 /METHOD**

Train • 40min

**8:00 /ELEVATE**

Ride • 40min • Lily

**09:00 /YOGA FLOW**

Flow • 60min • Diane

**09:00 /BURN**

Train • 40min

**10:15 /YOGA FLOW**

Flow • 60min • Diane

**12:00 /METHOD**

Train • 40min

**13:00 /POSTNATAL**

Train • 40min • Vic

**17:00 /BURN**

Train • 40min

**18:00 /ELEVATE**

Ride • 40min • Kev

**18:00 /HOLISTIC YOGA**

Flow • 60min • Rumit

**19:00 /METHOD**

Train • 40min

## WEDNESDAY

**08:00 /BURN**

Train • 40min

**09:00 /ELEVATE**

Ride • 40min • Claire

**10:00 /PILATES**

Flow • 40min • Claire

**12:00 /YOGA FLOW**

Flow • 50min • Katie

**13:00 /BALANCE (60+)**

Train • 50min

**14:00 /METHOD**

Train • 40min

**18:00 /METHOD**

Train • 40min

**18:00 /YOGA**

Flow • 75min • Leena

## THURSDAY

**07:00 /BURN**

Train • 40min

**08:30 /SOMATIC YOGA**

Flow • 60min • Alison

**09:00 /METHOD**

Train • 40min

**09:00 /ELEVATE**

Ride • 40min • Ceri

**10:00 /SOMATIC YOGA**

Flow • 60min • Alison

**12:00 /BURN**

Train • 40min

**17:00 /METHOD**

Train • 40min

**18:00 /ELEVATE**

Ride • 40min • Emma

**18:00 /MEN ON MATS**

Flow • 40min • Claire

**18:45 /PILATES**

Train • 40min Claire

**19:00 /BURN**

Train • 40min

## FRIDAY

**08:00 /METHOD**

Train • 40min

**09:00 /ELEVATE**

Ride • 40min • Claire

**10:00 /PILATES**

Flow • 40min • Claire

**13:00 /BALANCE (60+)**

Train • 50min

**14:00 /BURN**

Train • 40min

**18:00 /METHOD**

Train • 40min

## SATURDAY

**08:00 /BURN**

Train • 40min

**09:00 /DYNAMIX**

Flow • 40min • Sam

**09:00 /ELEVATE**

Ride • 40min • Emma

**10:00 /BOX**

Train • 40min

**10:00 /ELEVATE**

Ride • 40min • Sam

**10:00 /PURE STRETCH**

Flow • 40min • Emma

SEP-DEC 2025

TO BOOK:  
CALL 01829 458010  
EMAIL [INFO@INSTINCT78.CO.UK](mailto:INFO@INSTINCT78.CO.UK)  
OR USE THE INSTINCT APP.