

Bank Holiday Studio Timetable

August 31st 2026

Time	Activity	Instructor	Location	Level	Zoom
08:15 - 09:00	HIIT	Alex	Studio 3	General	
09:00 - 09:45	BODYPUMP™ Heavy	Venus	Studio 1	General	
09:15 - 10:00	HIIT	Alex	Studio 3	General	
11:00 - 11:45	Body Conditioning	Simone	Studio 1	General	
12:00 - 13:00	Danceworks	Alison	Studio 1	General	
13:05 - 14:05	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates Clinic	Jenni	Studio 2	Beg/General	
15:15 - 16:15	Pilates	Marina	Studio 2	General	
16:30 - 17:30	Pilates	Marina	Studio 2	Intermediate	

Please send any studio feedback to
studiomanager@thehogarth.co.uk



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