



SUMMER CLASS TIMETABLE

(JULY / AUGUST / SEPTEMBER 2025)

MONDAY

6:15AM – 7AM

HYBRID CIRCUIT (CAPACITY 24) INSTRUCTED BY: MATT WESTON

9:30AM – 10:15AM

PLYO BOX & BODYWEIGHT WOD (CAPACITY 18) INSTRUCTED BY: MATT WESTON

6PM – 6:45PM

STUDIO BARBELL (CAPACITY 18) INSTRUCTED BY: MATT/DAVE WESTON

TUESDAY

9:30AM – 10:15AM

ERG ENGINE (CAPACITY 24) INSTRUCTED BY: MATT WESTON

11AM – MIDDAY

SENIOR CITIZENS CIRCUIT (CAPACITY 24) INSTRUCTED BY: DAVE WESTON

6PM – 7PM

BOXERCISE (CAPACITY 20) INSTRUCTED BY: DAVE WESTON

WEDNESDAY

9:30AM – 10:30AM

WEIGHTS & MACHINES CIRCUIT (CAPACITY 20) INSTRUCTED BY: DAVE WESTON

6PM – 6:45PM

HYBRID A.M.R.A.P (CAPACITY 20) INSTRUCTED BY: MATT WESTON

THURSDAY

6:15AM – 7AM

HYROX CIRCUIT (CAPACITY 24) INSTRUCTED BY: MATT WESTON

9:30AM – 10:15AM

HYBRID CIRCUIT (CAPACITY 24) INSTRUCTED BY: MATT WESTON

6PM – 7PM

BOXING & CORE CIRCUIT (CAPACITY 20) INSTRUCTED BY: DAVE WESTON

FRIDAY

9:30AM – 10:15AM

FUNCTIONAL CIRCUIT (CAPACITY 24) INSTRUCTED BY: DAVE WESTON

11AM – MIDDAY

SENIOR CITIZENS CIRCUIT (CAPACITY 24) INSTRUCTED BY: DAVE WESTON

6PM -7PM

EMPIRE HYBRID GAMES TRAINING WOD (CAPACITY 24) INSTRUCTED BY: MATT WESTON

SUNDAY

9:30AM – 10:30AM

HYBRID CIRCUIT (CAPACITY 30) INSTRUCTED BY: MATT/DAVE WESTON