

Class timetable - Open Training (Wk 26, wk starting 12/01/2026)

| | 09:00AM | 10:00AM | 11:00AM | 12:00PM | 01:00PM | 02:00PM | 03:00PM | 04:00PM | 05:00PM | 06:00PM | 07:00PM | 08:00PM | 09:00PM |
|---------------------------------------|------------------------------------|-------------|---|--|-----------|-------------|---------|--|--|------------|------------|-------------|---------|
| Monday 12/01/2026 | Acro Room; Link Studio | | | Acro Room; GC1; GC3; GC4; Link Studio | | Top Studio | | Acro Room; GC1; GC2; GC3; GC4; Link Studio; Top Studio | | Top Studio | | | |
| Tuesday 13/01/2026 | Acro Room; Link Studio | Link Studio | | Acro Room; GC1; GC2; GC3; GC4; Link Studio; MS1; MS2; MS3; MS4 | Acro Room | Link Studio | | GC1; GC2; GC3; GC4 | Link Studio | Top Studio | | Link Studio | |
| Wednesday 14/01/2026 | Acro Room; Link Studio; Top Studio | | Acro Room; GC1; GC3; GC4; Link Studio; Top Studio | Link Studio | | | | GC1; GC2; GC3; GC4 | Acro Room; Link Studio; MS1; MS2; MS3; MS4; Top Studio | Top Studio | | | |
| Thursday 15/01/2026 | Acro Room; Link Studio; Top Studio | | Acro Room; GC1; GC2; GC4; Link Studio; MS1; MS2; MS3; MS4; Top Studio | Acro Room; GC1; GC2; GC4; Link Studio | | Link Studio | | MS1; MS2; MS3; MS4 | Acro Room; GC1; GC2; GC3; GC4; Link Studio; Top Studio | Acro Room | Top Studio | | |

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|--------------------------------------|--|---------|--|-------------|---------|---------|---------|--------------------------------|--------------------|------------|---------|-----------|-------------|
| Friday 16/01/2026 | Acro Room; Link Studio; MS1; MS2; MS3; MS4; Top Studio | | Acro Room; GC1; GC2; GC3; GC4; Link Studio; MS1; MS2; MS3; MS4 | Link Studio | | | | Acro Room; MS1; MS2; MS3; MS4 | | Top Studio | | Acro Room | Link Studio |
| Saturday 17/01/2026 | | | | | | | | | MS1; MS2; MS3; MS4 | | | | |
| Sunday 18/01/2026 | | | | | | | | MS1; MS2; MS3; MS4; Top Studio | | | | | |