

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (CG only)	
7.30	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		
8	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		
8.30	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		
9	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		
9.30	Off Peak CG/Ftz/Lvp						Power Plate
10							Power Plate
10.30							Power Plate
11							Power Plate
11.30							PowerPlining CG
12	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		Power Plate
12.30	Power Plate	Power Plate	Power Box CG	Power Plate	Power Plate		Power Plate
1	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate	
1.30	Power Plate	Power Plate	Power Box Lvp/Ftz	Power Plate	Power Plate	Power Plate	
2	Power Plate	Absolute Abs CG	Power Plate	Absolute Abs CG/Ftz/Lvp	Power Plate		
2.30	Off Peak CG/Ftz/Lvp						
3							
3.30							
4							
4.30							
5							
5.30	Power Plate	Power Plate	Power Plate	Power Plate	Power Plate		
6	Power Plate	Power Plate	Power Plate	Power Plate			
6.30	Power Plate	Super Speed Ftz	Power Box LVP/Fitz	Power Plate			
7	Power Plate	SuperSpeed CG/Lvp	Power Box CG	PowerPlining CG			
				Super Speed Ftz/Lvp			
7.30	Power Plate	Power Plate	Power Plate	Power Plate			

CG = Covent Garden studio
020 7240 6111
reception@goodvibesfitness.co.uk

Lvp = Liverpool street studio
020 7247 0888
liverpoolst@goodvibesfitness.co.uk

Ftz = Fitzrovia studio
020 7580 1276
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