

# GROUP EXERCISE TIMETABLE - From November 17



## MONDAY

Time	Class	Instructor	Studio
06.30 - 07.15	RPM	Emma	ST
09.00 - 10.00	PILATES	Teresa	M&B
09.20 - 10.05	SPIN	Cheryll	ST
10.15 - 11.15	PILATES	Amanda	M&B
10.15 - 11.15	BODY PUMP	Milly	HE
10.45 - 11.30	AQUA (B)	Mike	POOL
11.30 - 12.30	YOGA	Sandi	M&B
12.30	MY RIDE - VIRTUAL INDOOR CYCLE		ST
14.15	MY RIDE - VIRTUAL INDOOR CYCLE		ST
15.30 - 18.00	TEEN FITNESS - AGE 12+	Gym Team	GYM
16.15 - 17.00	FIT SQUAD (AGE 6+) (MF *£)	Carl	HE
17.45 - 18.45	BODY COMBAT	Eve	HE
18.15 - 19.30	HATHA YOGA (T)	Debbie	M&B
18.30 - 19.15	RPM (T)	Washington	ST
18.50 - 19.50	BODY PUMP	Pat	HE
19.30 - 19.45	ABS BLAST	Gym Team	GYM
19.30 - 20.15	SPIN	JT	ST
19.30 - 20.45	HATHA YOGA (T)	Debbie	M&B
20.00 - 20.45	BODY ATTACK EXPRESS	Washington	HE

## TUESDAY

Time	Class	Instructor	Studio
06.15	MY RIDE - VIRTUAL INDOOR CYCLE		ST
07.00 - 07.30	BOOTCAMP	Gym Team	GYM
09.30 - 10.15	NICE & EASY	Mike	M&B
09.30 - 10.15	RPM (T)	Emma	ST
10.30 - 11.30	JAZZ DANCE	Kate	HE
10.30 - 11.30	BODY BALANCE (T)	Emma	M&B
12.10 - 12.55	AQUA (B)	Nathan	POOL
12.30 - 13.00	MY RIDE - VIRTUAL INDOOR CYCLE		ST
13.00 - 14.15	HATHA YOGA	Debbie	M&B
15.30 - 18.00	TEEN FITNESS (AGE 12+)	Gym Team	GYM
16.10	MY RIDE - VIRTUAL INDOOR CYCLE		ST
16.15 - 17.00	FIT SQUAD (AGE 6+) (MF *£)	Carl	HE
17.45 - 18.30	BODY BLITZ	Dawn	HE
17.45 - 18.30	BODY BALANCE	Kirsty	M&B
18.30 - 19.15	PILATES	Olivia	M&B
18.30 - 19.30	ZUMBA (T)	Perry	HE
18.45 - 19.30	AQUA (B)	Denise	POOL
18.45 - 19.30	SPIN (T)	Carolina	ST
19.30 - 20.30	PILATES (T)	Amanda	M&B
19.30 - 21.00	SOKUTEI KICK BOXING (**£)	Alwin	HE
19.45	MY RIDE - VIRTUAL INDOOR CYCLE		ST

**Studio Key:**  
**ST** - Spinning Theatre  
**M&B** - Mind & Body Studio  
**HE** - High Energy Studio

## WEDNESDAY

Time	Class	Instructor	Studio
06.30 - 07.15	RPM	Washington	ST
06.45 - 07.15	CIRCUIT CLASS	Gym Team	GYM
07.15 - 07.30	ABS BLAST	Gym Team	GYM
09.30 - 10.30	BODY PUMP	Bev	HE
09.30 - 10.45	FLOW YOGA	Becky	M&B
10.30 - 11.15	LEGS, BUMS, TUMS	Dawn	HE
11.00 - 11.45	AQUA (B)	Claire	POOL
12.30	MY RIDE - VIRTUAL INDOOR CYCLE		ST
15.30 - 18.00	TEEN FITNESS	Gym Team	GYM
16.10	MY RIDE - VIRTUAL INDOOR CYCLE		ST
17.00 - 18.00	SOKUTEI KICK BOXING (**£)	Alwin	HE
18.00 - 18.30	POWER CIRCUIT	Nick	GYM
18.00 - 18.45	PILATES	Olivia	M&B
18.05 - 18.50	BODY COMBAT EXPRESS (T)	Julie	HE
18.15 - 19.00	AQUA (B)	Sophie	POOL
18.30 - 19.00	POWER STRETCH	Nick	GYM
18.45 - 19.30	RPM	Janine	ST
18.50 - 19.30	PIYO	Olivia	M&B
18.55 - 19.40	BODY PUMP EXPRESS (T)	Julie	HE
19.15 - 19.30	STRENGTH SURGE	Gym Team	GYM
19.30 - 19.45	ABS BLAST	Gym Team	GYM
19.45 - 20.30	CLUBBERCISE	Glen	HE
19.45	MY RIDE - VIRTUAL INDOOR CYCLE		ST
19.45 - 20.45	BODY BALANCE	Naledi	M&B

## THURSDAY

Time	Class	Instructor	Studio
06.15	MY RIDE - VIRTUAL INDOOR CYCLE		ST
07.00 - 07.30	CONDITIONING CIRCUIT	Gym Team	GYM
09.30 - 10.30	PILATES	Jane	M&B
09.30 - 10.15	RPM (T)	Emma	ST
10.30 - 11:15	FITSTEPS (DANCE CLASS)	Zoe	HE
10.45 - 12.00	HATHA / YIN YOGA (1ST/3RD WK IS YIN)	Sally Anne	M&B
12.30	MY RIDE - VIRTUAL INDOOR CYCLE		ST
12.30 - 13.15	BODY PUMP	Zulma	HE
14.00 - 14.45	AQUA	Valentina	POOL
15.30 - 17.30	TEEN FITNESS (AGE 12+)	Gym Team	GYM
16.00 - 16.45	STREET DANCE UDS INFANTS (MF *£)	UDS Team	HE
16.10	MY RIDE - VIRTUAL INDOOR CYCLE		ST
16.45 - 17.30	STREET DANCE UDS JUNIOR + (MF *£)	UDS Team	HE
18.00 - 19.00	PILATES	Teresa	M&B
18.25 - 19.15	INSANITY	Olivia	HE
18.30 - 19.15	SPIN (T)	Steve	ST
19.05 - 20.15	DYNAMIC FLOW VINYASA YOGA (T)	JC	M&B
19.15 - 20.00	P90X	Olivia	HE
19.30 - 20.15	SPIN	Steve	ST
20.00 - 20.45	ZUMBA	Hanna	HE

## FRIDAY

Time	Class	Instructor	Studio
06.30 - 07.15	RPM	Washington	ST
09.00 - 09.45	BODY CONDITIONING	Amanda	M&B
09.30 - 10.30	BODY PUMP (T)	Jo-Anne	HE
09.45 - 10.30	BACK CARE FIT	Amanda	M&B
10.00 - 10.45	SPIN	Nathan	ST
10.45 - 12.00	HATHA YOGA (T)	Debbie	M&B
11:00 - 11:45	AQUA (B)	Nathan	POOL
12.30	MY RIDE - VIRTUAL INDOOR CYCLE		ST
15.30 - 17.30	TEEN FITNESS (AGE 12+)	Gym Team	GYM
16.10	MY RIDE - VIRTUAL INDOOR CYCLE		ST
17.00 - 20.00	SOKUTEI KICK BOXING (**£)	Alwin	HE
18.00 - 18.50	INSANITY	Carolina	M&B

## SATURDAY

Time	Class	Instructor	Studio
09.00 - 10.00	BODY COMBAT	Pavlina	HE
09.15 - 10.30	YOGA	Terry	M&B
09.00 - 09.45	SPIN (T)	Steve	ST
09.55 - 10.40	SPIN (T)	Steve	ST
10.00 - 10.45	ADVANCED STEP	Carolina	HE
10.30 - 11.00	CONDITIONING CIRCUIT	Gym Team	GYM
10.45 - 11.30	LATIN DANCE	Carolina	HE
10.45 - 11.45	BODY BALANCE (T)	Naledi	M&B
12.00 - 16.00	TEEN FITNESS (AGE 12+)	Gym Team	GYM
13.00 - 14.30	SHOTOKAN KARATE (**£)	Paul	HE
17.00	MY RIDE - VIRTUAL INDOOR CYCLE		ST

## SUNDAY

Time	Class	Instructor	Studio
09.00 - 10.15	DYNAMIC FLOW VINYASA YOGA (T)	JC	M&B
09.30 - 10.30	BODY ATTACK	Valentina	HE
09.30 - 10.15	RPM	Graham	ST
10.30 - 11.00	TRX CIRCUIT CLASS	Gym Team	GYM
10.30 - 11.30	TAI CHI	Michael	M&B
10.35 - 11.35	BODY PUMP (T)	Valerie	HE
11.45 - 13.45	KARATE (**£)	Mr Sebley	M&B
12.00 - 14.00	SOKUTEI KICK BOXING (**£)	Alwin	HE
17.00	MY RIDE - VIRTUAL INDOOR CYCLE		ST

Classes are bookable 5 days in advance via our App, online via [www.thamesclub.co.uk](http://www.thamesclub.co.uk) or by calling our Reception team on 01784 463100. If you change your mind, please give us as much notice as possible, so we can offer your place to someone else. Classes can be cancelled via the App or online up to 2 hours before the class, after which you need to ring the Club to cancel. Booking a class not only guarantees you a space, but it allows us to contact you in the event of a timetable change. No shows will be charged £3.00, which will go to charity.

Key: MF - Members Free, \*£ Non-Members welcome - pay at reception, +£ Members only - book and pay at reception, \*\*£ All Pay class leader, (B) & (T) - Collect a Band or token from reception at least 5 minutes before the class, present to the class instructor.

Club opening hours: Mon - Thurs 06.00 - 22.30, Fri 06.00 - 21.00, Sat - Sun 08.00 - 19.00. Please note all facilities shut 30 minutes before club closing time.