

GROUP EXERCISE TIMETABLE

FROM 16 APRIL 2018



MON	06.30 - 07.15 RPM Emma ST	09.00 - 10.00 PILATES Teresa M&B	09.20 - 10.05 SPIN (B) 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 FIGHT KLUB Michelle HE	18.15 - 19.30 HATHA YOGA Debbie M&B	18.30 - 19.15 RPM (B) Washington ST	18.50 - 19.50 BODY PUMP Denise HE	19.30 - 19.45 ABS BLAST Gym Team GYM	19.30 - 20.15 SPIN JT ST	19.30 - 20.45 HATHA YOGA Debbie M&B	20.00 - 20.45 BODY ATTACK EXPRESS Natasha HE					
TUE	06.15 MY RIDE - VIRTUAL INDOOR CYCLE ST	07.00 - 07.30 BOOTCAMP Gym Team GYM	08.15 - 09.15 PILATES Teresa M&B	09.30 - 10.15 NICE & EASY Mike M&B	09.30 - 10.15 RPM (B) Emma ST	10.30 - 11.30 JAZZ DANCE Kate HE	10.30 - 11.30 BODY BALANCE (B) Emma M&B	12.15 - 13.00 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 (B) Perry HE	18.45 - 19.30 AQUA (B) Denise POOL	18.45 - 19.30 SPIN (B) Carolina ST	19.30 - 20.30 PILATES Amanda M&B	19.30 - 21.00 SOKUTEI KICK BOXING (**£) Alwin HE	19.45 MY RIDE - VIRTUAL INDOOR CYCLE ST		
WED	06.30 - 07.15 MY RIDE - VIRTUAL INDOOR CYCLE ST	06.45 - 07.15 CIRCUIT CLASS Gym Team GYM	07.15 - 07.30 ABS BLAST Gym Team GYM	09.30 - 10.15 RPM (B) Janine ST	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) Jan POOL	12.30 MY RIDE - VIRTUAL INDOOR CYCLE STs	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 - 19.05 BODY COMBAT Eve HE	18.15 - 19.00 AQUA (B) Mike POOL	18.30 - 19.00 POWER STRETCH Nick GYM	18.45 - 19.30 RPM (B) Nikki ST	18.50 - 19.30 PIYO Olivia M&B	19.10 - 19.55 BODY PUMP EXPRESS Zulma HE	19.15 - 19.30 STRENGTH SURGE Gym Team GYM	19.30 - 19.45 ABS BLAST Gym Team GYM	19.45 MY RIDE - VIRTUAL INDOOR CYCLE ST	19.45 - 20.45 BODY BALANCE Naledi M&B
THU	06.15 MY RIDE - VIRTUAL INDOOR CYCLE ST	06.45 - 07.30 CONDITIONING CIRCUIT Gym Team GYM	09.30 - 10.30 PILATES Jane M&B	09.30 - 10.30 FIGHT KLUB Valentina HE	09.30 - 10.15 RPM (B) 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	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 Sarah M&B	18.00 - 19.00 FIGHT KLUB Dan-Carlos HE	18.30 - 19.15 SPIN (B) Steve ST	19.15 - 20.30 DYNAMIC FLOW VINYASA YOGA JC M&B	19.15 - 20.00 P90X Olivia HE	19.30 - 20.15 SPIN Steve ST	20.00 - 20.45 CLUBBER-CISE Hanna HE					
FRI	06.30 - 07.15 MY RIDE - VIRTUAL INDOOR CYCLE ST	09.00 - 09.45 BACK CARE FIT Amanda M&B	09.30 - 10.30 BODY PUMP 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 Debbie M&B	11:00 - 11:45 AQUA (B) Nathan POOL	12.00 - 13.00 HATHA YOGA Debbie M&B	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												
SAT	09.00 - 10.00 BODY COMBAT Pavlina HE	09.15 - 10.30 YOGA Terry M&B	09.00 - 09.45 SPIN (B) Steve ST	09.55 - 10.40 SPIN (B) 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 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													
SUN	09.00 - 10.15 DYNAMIC FLOW VINYASA YOGA JC M&B	09.30 - 10.30 BODY ATTACK Valentina HE	09.30 - 10.15 RPM (B) 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 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															

STUDIO KEY:
 ST - Spinning Theatre
 M&B - Mind & Body Studio
 HE - High Energy Studio

CLUB OPENING HOURS:

MON - THU 06.00 - 22.30
 FRI 06.00 - 21.00
 SAT - SUN 08.00 - 19.00

BANK HOLIDAYS 09.00 - 17.00

Please note all facilities shut 30 minutes before club closing time.

Classes are bookable 5 days in advance from 7.00 am via our App, online via www.thethamesclub.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.

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