

BANK HOLIDAY GROUP EXERCISE TIMETABLE

Monday 27th May 2019

Time	Class	Instructor	Studio
09.00 – 09.30	Body Conditioning	Gym team	GYM
09.20 – 10.05	Spin	Cheryll	ST
10.15 – 11.15	Body Pump	Milly	HE
11.30 – 12.30	Yoga	Emma M	M&B
12.30	My Ride	Virtual	ST
14.15	My Ride	Virtual	ST



the thames club
for fitness. for wellbeing. for you.