

GROUP EXERCISE TIMETABLE FROM JULY 2020



SPIN THEATRE
THAMES SUITE
MIND & BODY STUDIO
HIGH ENERGY STUDIO
POOL
GYM

	6.30 - 7.15	8.00 - 8.30	9.00 - 9.30	9.00 - 10.00	9.15 - 10.00	9.45 - 10.15	10.15 - 11.00	10.15 - 11.15	10.45 - 11.30	11.30 - 12.30	12.30 - 13.00	15.30 - 18.00	17.30-18.15	17.45 - 18.45	18.15 - 19.15	18.30 - 19.15	19.00 - 20.00	19.30 - 20.30			
MON	RPM <i>Emma</i> ST	HIIT <i>Gym Team</i> HE	BODY CONDITIONING <i>Gym Team</i> TS	PILATES <i>Teresa</i> M&B	RPM <i>Janine</i> ST	BODY CONDITIONING <i>Gym Team</i> TS	BODY PUMP <i>Milly</i> HE	PILATES <i>Sarah</i> M&B	AQUA <i>Mike</i> POOL	YOGA <i>Chloe</i> M&B	HIIT <i>Gym Team</i> HE	TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	BOOTCAMP <i>Gym Team</i> TS	BODY COMBAT <i>Michelle</i> HE	HATHA YOGA <i>Debbie</i> M&B	RPM <i>Washington</i> ST	BODY PUMP <i>Jo-Anne</i> HE	HATHA YOGA <i>Debbie</i> M&B			
TUE	6.45 - 7.30 BOOTCAMP <i>Gym Team</i> TS	8.15 - 9.15 PILATES <i>Teresa</i> M&B	9.30 - 10.15 NICE & EASY <i>Mike</i> M&B	9.30 - 10.15 RPM <i>Emma</i> ST	10.00 - 10.45 JAZZ DANCE <i>Zoe</i> HE	10.30 - 11.30 BODY BALANCE <i>Emma</i> M&B	12.15 - 13.00 AQUA <i>Nathan</i> POOL	12.30 - 13.00 HIIT <i>Gym Team</i> HE	13.00 - 14.15 HATHA YOGA <i>Debbie</i> M&B	15.30 - 18.00 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	17.30 - 18.15 BODY BLITZ <i>Dawn</i> HE	17.45 - 18.30 BODY BALANCE <i>Kirsty</i> M&B	18.30 - 19.30 ZUMBA <i>Perry</i> HE	18.45 - 19.30 PILATES <i>Kirsty</i> M&B	18.45 - 19.30 SPIN <i>Carolina</i> ST	19.45 - 20.15 GRIT <i>Hector</i> HE	19.45 - 20.30 PILATES <i>Teresa</i> M&B				
WED	6.30 - 7.15 RPM <i>Danielle</i> ST	6.45 - 7.30 BOOTCAMP <i>Gym Team</i> TS	8.00 - 8.30 ABS <i>Gym Team</i> HE	9.00 - 9.30 BODY CONDITIONING <i>Gym Team</i> TS	9.45 - 10.15 BODY CONDITIONING <i>Gym Team</i> TS	9.30 - 10.15 RPM <i>Janine</i> ST	9.15 - 10.15 BODY PUMP <i>Bev</i> HE	9.30 - 10.45 FLOW YOGA <i>Becky</i> M&B	10.30 - 11.15 LBT <i>Dawn</i> HE	11.00 - 11.45 AQUA <i>Mariya</i> POOL	12.30 - 13.00 HIIT <i>Gym Team</i> HE	15.30 - 18.00 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	17.30 - 18.15 CONDITIONING FOR RUNNING <i>Jake</i> M&B	17.45 - 18.15 POWER CIRCUIT <i>Nick</i> TS	18.00 - 19.00 BODY COMBAT <i>Eve</i> HE	18.15-19.00 AQUA <i>Mike</i> POOL	18.30 - 19.00 POWER STRETCH <i>Nick</i> TS	18.30 - 19.30 PILATES <i>Aniko</i> M&B	19.15 - 20.00 BODY PUMP EXPRESS <i>Zulma</i> HE	19.45 - 20.45 BODY BALANCE <i>Naledi</i> M&B	
THU	6.45 - 7.30 BOOTCAMP <i>Gym Team</i> TS	9.30 - 10.00 HIIT <i>Gym Team</i> HE	9.30 - 10.15 RPM <i>Emma</i> ST	9.30 - 10.30 PILATES <i>Jo-Anne</i> M&B	10.30 - 11.15 FITSTEPS <i>Zoe</i> HE	10.45 - 12.00 HATHA / YIN YOGA <i>Sallyanne</i> M&B	12.30 - 13.00 HIIT <i>Gym Team</i> HE	15.30 - 17.30 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	18.00 - 18.45 BODY ATTACK <i>Valentina</i> HE	18.00 - 19.00 PILATES <i>Sarah</i> M&B	18.30 - 19.15 SPIN <i>Steve</i> ST	19.15 - 20.00 CLUBBERCISE <i>Hanna</i> HE	19.45 - 20.45 DYNAMIC FLOW YOGA <i>JC</i> M&B								
FRI	6.30 - 7.00 GRIT <i>Hector</i> HE	9.00 - 9.45 BODY CONDITIONING <i>Gym Team</i> TS	9.00 - 9.45 BACK CARE FIT <i>Amanda</i> M&B	10.00 - 10.45 BODY CONDITIONING <i>Gym Team</i> TS	10.00 - 10.45 SPIN <i>Nathan</i> ST	10.30-11.30 BODY PUMP <i>Jo-Anne</i> HE	10.45 - 11.45 HATHA YOGA <i>Debbie</i> M&B	11.00 - 11.45 AQUA <i>Nathan</i> POOL	12.00 - 13.00 HATHA YOGA <i>Debbie</i> M&B	12.30 - 13.00 HIIT <i>Gym Team</i> HE	15.30 - 17.30 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	17.30 - 18.15 BODY ATTACK <i>Valentina</i> HE									
SAT	8.15 - 8.45 GRIT <i>Sam</i> HE	9.00 - 9.45 SPIN <i>Steve</i> ST	9.00 - 10.00 BODY COMBAT <i>Pavlina</i> HE	9.15 - 10.30 YOGA <i>Terry</i> M&B	10.00 - 10.45 SPIN <i>Steve</i> ST	10.15 - 11.00 ADVANCED STEP <i>Carolina</i> HE	10.45 - 11.45 BODY BALANCE <i>Naledi</i> M&B	11.15 - 12.00 LATIN DANCE <i>Carolina</i> HE	12.30 - 13.00 HIIT <i>Gym Team</i> HE	15.30 - 17.30 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM											
SUN	9.00 - 9.45 KETTLEBELLS <i>Gym Team</i> TS	9.00 - 10.15 DYNAMIC FLOW VINAYASA YOGA <i>Adrienne</i> M&B	9.30 - 10.15 RPM <i>Graham</i> ST	10.30 - 11.00 TRX <i>Gym Team</i> TS	10.30 - 11.30 TAI CHI <i>Ana</i> M&B	12.00 - 16.00 TEEN FITNESS (AGE 12+) <i>Gym Team</i> GYM	12.30 - 13.00 HIIT <i>Gym Team</i> HE														

CLUB OPENING HOURS:

MON - THU 06.00 - 22.30
FRI 06.00 - 21.00
SAT - SUN 08.00 - 17.00
BANK HOLIDAYS 09.00 - 17.00

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

KEY:

- Swimming for all
- Adult only swimming
- Aqua aerobics class (one swim lane available during the evening classes if the class has low attendance).

The pool area shuts 30 minutes before the closure of the Club including the pool, jacuzzi, sauna and steam room.

Classes are bookable 7 days in advance via our app and website. If this is not possible we can also take bookings via the phone on **01784 463100**.

Please give as much notice as possible for any cancellations so that someone else can take your space. If you cancel your class with less than two hours' notice, or if your attendance is not logged, you will be charged a late cancellation / no-show fee of £5.

POOL TIMETABLE

MON	TUE	WED	THU	FRI	SAT	SUN
06:00 - 09:00	06:00 - 10:00	06:00 - 09:00	06:00 - 10:00	06:00 - 09:00	Closed	Closed
09:00 - 10:45		09:00 - 11:00		09:00 - 11:00	08:00 - 10:00	08:00 - 10:00
10:45 - 11:30	10:00 - 12:00	11:00 - 11:45	10:00 - 12:00	11:00 - 11:45	10:00 - 15:00	10:00 - 15:00
11:30 - 12:30	12:15 - 13:00		12:00 - 15:00	12:00 - 15:00		
12:30 - 15:00	12:55 - 15:00	12:00 - 15:00	12:00 - 15:00	12:30 - 15:00		
15:00 - 18.00	15:00 - 18.00	15:00 - 18.00	15:00 - 18.00	15:00 - 18.00	15:00 - 16:30	15:00 - 16:30
18:00 - 22.00	18:00 - 22:00	18:15 - 19:00	18:00 - 22:00	18:00 - 20:30	Closed	Closed
		19:00 - 22:00		Closed		