

Class Timetable

the Club:
exercise & relax

Monday

Time	Class	Instructor
7.00am- 7.45am	Boot camp	Sean
9.00am – 9.45am	Pilates	Charlie
10.00am – 10.45am	Aquafit	Barbara
10.00am – 10.45am	Sculpt and Tone	Carole
11.00am – 11.45am	Aquafit	Barbara
12.15am – 1.00pm	Boogie Boost	Anu
5.30pm – 6.00pm	Metafit	Gemma
6.05pm – 6.35pm	Piyo	Gemma

Tuesday

Time	Class	Instructor
7.00am – 7.45am	Indoor Cycling	Sean
9.00am – 9.45am	Body Conditioning	Barbara
9.55am – 10.55am	Yoga	Nav
5.30pm – 6.15pm	Stretch & Strength	Emma
6.30pm – 7.15pm	Total Body Conditioning	Sterenn
7.30pm – 8.15pm	Hatha Yoga	Sophie

Wednesday

Time	Class	Instructor
10.00am – 10.45am	Aquafit	Steph
11.00am – 11.45am	Aquafit	Steph
11.00am – 12.00pm	Pilates	Fiona
6.00pm – 6.45pm	Circuits	Allan
7.00pm – 7.45pm	Gentle Flow Yoga	Yawei

Thursday

Time	Class	Instructor
11.00am – 11.45am	Aqua Zumba	Carole
5.30pm – 6.15pm	Full Body Conditioning	Barbara
6.45pm – 7.45pm	Pilates	Gail
6.15pm – 7.00pm	Aquafit	Wendy R

Friday

Time	Class	Instructor
8.55am – 9.25am	Flexi Fun	Gemma
9.30am – 10.00am	Flexi Fun	Gemma
10.15am – 11.00am	Zumba	Carole
5.30pm – 6.15pm	Box Fit	Allan

Saturday

Time	Class	Instructor
9.15am – 10.00am	Indoor Cycling	Lynsey R
10.15am – 11.00am	Cardio Combat	Pauline C