

The Club Class Timetable

the Club:
exercise & relax

Monday

Time	Class	Instructor
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
5.30pm - 6.00pm	Metafit	Gemma
6.05pm – 6.35pm	Piyo	Gemma
6.45pm – 7.30pm	Indoor Cycling	Lyndsey S

Tuesday

Time	Class	Instructor
9.00am - 9.45am	Body Conditioning	Barbara
9.55am - 10.55am	Yoga	Nav
5.30pm - 6.15pm	Indoor Cycling	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

Friday

Time	Class	Instructor
8.55am – 9.25am	Flexi Fun	Gemma
9.30am - 10.00am	Flexi Fun	Gemma
10.15am - 11.00am	Zumba	Carole

Saturday

Time	Class	Instructor
9.15am – 10.00am	Indoor Cycling	Lynsey R