Studio Classes Christmas timetable

Reduced timetable from Monday 16th December 2019 to 1st January 2020

MONDAY 16TH DECEMBER

6.30 - 7am GRIT™ Blair | Studio One

7 - 7.45am **BODYPUMP™** Blair | Studio One

8.45 - 9.30am **HIIT AND CORE** Roy | Studio One

9 - 9.45am Gym staff | Group Cycle

9.30 - 10.15am LBT Liz | Studio One

9.30 - 10.15am AQUA Zuzana | Indoor Pool

10.15 - 11am **DANCE ZUMBA** Deby | Studio One 11 - 11.30am **BEGINNERS SPIN** Roy | Group Cycle

> 11.10am - 12.10pm **YOGALATES** Adela | Studio One

1-2pmYIN YANG YOGA Juliet | Studio Two

6.30 - 7.15pm BODYATTACK™ Donal Studio One

7 – 7.45pm SPIN Phuriwat | Group Cycle

7.30 - 8.30pm **BODYPUMP™** Mike | Studio One

7.30 - 9pmSIVANANDA YOGA

10 - 11am

BODYPUMP™

Avoola | Studio One

11.10am - 12.10pm

BODYBALANCE™

11.15am - 12.15pm

PILATES

7 - 7.45 pm

Ayoola | Studio Two

Alison | Studio Two

WEDNESDAY 18TH DECEMBER

6.30 - 7am**EXPRESS BODY** ATTACK™ Donal | Studio One

7 - 7.45am **BODYPUMP™** Donal | Studio Two

7 – 8am **PILATES** Jocelyn | Studio One

8.15 - 9.15am **VINYASA FLOW YOGA** Juliet | Studio Two

8.20 - 9.05am **BEGINNERS SPIN** Susanne | Group Cycle

8.45 - 9.15am GRIT™ Donovan | Studio One

ABS CONDITIONING Susanne | Studio One

10 – 11am **AEROTONE**

EXPRESS BODY ATTACK™

11.15am - 12.15pm Alice | Studio Two

11.15am - 12pm **AQUA**

12.15 - 1.15pm **MATURE MOVERS**

12.30 - 1.30pm BODYPUMP™

1.15 - 2.15pm **PILATES** Lauren | Studio One

7 - 7.45 pm

7.30 - 8.30pm BODYPUMP™

THURSDAY 19TH DECEMBER

6.30 - 7.15am **SPIN**

7 - 7.45am **CARDIO BLAST** Roy | Gym Floor

Jocelyn | Studio One 8.30 - 9.30am **BODYPUMP™**

Roy | Group Cycle SPIN

PILATES Lauren | Studio One

7.15 - 8.15pm BODYPUMP™ Geri | Studio Two

HATHA YOGA

Susanne | Indoor Pool

Lauren | Studio One

Ayoola | Studio Two

ZUMBA Amelia | Studio One

Geri | Studio Two

Donal | Group Cycle

Ayesha | Studio One

9.05 - 9.50am Geri | Group Cycle

10 - 11am BODYBALANCE™ Geri | Studio Two

9.35 - 10.20am FIT BALL

10.20 - 11.05am **BODY** CONDITIONING

Ayesha | Studio One

PILATES Kaysha | Studio One

Juliet | Studio One

9.30 -10.15am

AQUA Clare | Indoor Pool

9.45 - 10.15am **CORE BLAST** Zuzana | Studio Two

10 - 11am LBT Susanne | Studio One

10.30 - 11am **BEGINNERS SPIN** Clare | Group Cycle

10.20 - 11.20am **BODYBALANCE™** Geri | Studio Two

11.15 - 11.45am HYDRO SPIN (£) Susanne | Indoor Pool

11.20am - 12.05pm BARRE™ Geri | Studio Two

9.30 - 10.15am

9.45 - 10.45am

Geri | Studio One

BEGINNERS SPIN

Ayesha | Group Cycle

BODYPUMP™

10 - 10.30am

Lauren | Studio Two

STEP

Jocelyn | Studio One 12.30 - 1.30pm **PILATES** 10.10 - 10.55am Lauren | Studio One

6.30 - 7am GRIT™

Blair | Studio One

BODYPUMP™ Blair | Studio One

8.45 - 9.30am **HIIT AND CORE** Roy | Studio One

9 - 9.45am Gym staff | Group Cycle

Liz | Studio One

9.30 - 10.15am **AQUA** Zuzana | Indoor Pool

10-10.30am SPORTS STRETCH Gym staff | Studio Two

11 - 11.30am **BEGINNERS SPIN** Roy | Group Cycle

YOGALATES Adela | Studio One

TUESDAY 24TH DECEMBER

SPIN

Gym staff | Studio Two Tanysha | Group Cycle

9.15 - 10am SIVANANDA YOGA (£) HIIT AND CORE Alison | Studio One Clare | Studio One

9.30 - 10am

10 - 10.30am CORE BLAST

Tanvsha | Studio Two

Tanysha | Studio Two

PILATES Jocelyn | Studio One

11.30am - 12.30pm BODYBALANCE™ Lauren | Studio Two

12 - 1pm**BODYPUMP™**

9.30 - 10am

Lauren | Studio Two

11 - 11.45am SPIN

10.30 - 11.15am

BOX FIT

11am - 12pm

Mike | Studio One

TBC | Group Cycle

MONDAY 23RD DECEMBER

TRX Gvm staff | Studio Two

SATURDAY 21ST DECEMBER (CONT.)

12 - 12.30pm

4 - 5.30 pm

SPORTS STRETCH

11.15am - 12.15pm

BODYBALANCE™

Geri | Studio One

11.30am - 12pm

Gym Staff | Studio Two

SUNDAY 22ND DECEMBER

TRX

Pool

LBT

9 - 9.30am

9 - 9.45am

BARRE™

10 - 11am

PILATES

HYDRO SPIN (£)

Gvm staff | Outdoor

Ayesha | Studio One

Lauren | Studio Two

TBC | Group Cycle

9.30 - 10.15am

7 – 7.45am

9.30 - 10.15am

11.10am - 12.10pm

6.30 - 7.15am 10.10 - 10.55am

AQUA Clare | Indoor Pool

10 - 11am **BODYPUMP™** Ayoola | Studio One

> 11.10am - 12.10pm BODYBALANCE™ Ayoola | Studio Two

11.15am - 12.15pm **PILATES** Jocelyn | Studio One

WEDNESDAY 25[™] DECEMBER

NO CLASSES. CLUB CLOSED.

THURSDAY 26TH DECEMBER

NO CLASSES. CLUB CLOSED.

FRIDAY 27TH DECEMBER

8.30 - 9.15am **HIIT AND CORE**

Clare | Studio One

9.15 - 10am **ZUMBA** Susanne | Studio One

9.30 - 10.15am **SPIN** Geri | Group Cycle

9.30 -10.15am **AQUA** Clare | Indoor Pool 10.30 - 11am **BEGINNERS SPIN** Clare | Group Cycle

Susanne | Studio One

10 - 11am

LBT

10.20 - 11.20am BODYBALANCE™ Geri | Studio Two

12.30 - 1.30pm **PILATES** Lauren | Studio One

SATURDAY 28TH DECEMBER

8.30 - 9am GRIT STRENGTH™ Blair | Studio Two

8.45 - 9.45am **PILATES** Jo-Ann | Studio One

9 - 9.30am GRIT CARDIO™ Blair | Studio Two

9 - 9.45am SPIN Geri | Group Cycle 9 - 9.45am**AQUA** Ayesha | Indoor Pool

9.30 - 10.15am **STEP** Lauren | Studio Two

9.45 - 10.45am BODYPUMP™ Geri | Studio One

10 - 10.30am **BEGINNERS SPIN** Ayesha | Group Cycle

SATURDAY 28TH DECEMBER (CONT.) 10.45 - 11.30am

10.15 - 11.15am Lauren | Studio Two

Ayesha | Group Cycle

11.15am - 12.15pm **BODYBALANCE™** Geri | Studio One

SUNDAY 29TH DECEMBER

9 - 9.45am Ayesha | Studio One

10.45 - 11.15am

Geri | Studio One

HIIT

SPIN TBC | Group Cycle

11 - 11.45am

9.30 - 10.15am 11am - 12pm BARRE™ PILATES Lauren | Studio Two Jocelyn | Studio One

11.30am - 12.30pm BODYBALANCE™ Jocelyn | Studio One Lauren | Studio Two

10.10 - 10.55am 12 - 1pm **BODYPUMP™** TBC | Group Cycle Mike | Studio One

10.30 - 11.15am **BOX FIT** Lauren | Studio Two

10 - 11am

PILATES

SPIN

MONDAY 30TH DECEMBER

8.45 - 9.30am **HIIT AND CORE** Roy | Studio One

9.30 - 10.15am

Liz | Studio One

LBT

BEGINNERS SPIN Roy | Group Cycle

11 - 11.30am

11.10am - 12.10pm

Jocelyn | Studio One

BODYBALANCE™

11.10am - 12.10pm **YOGALATES** Adela | Studio One

TUESDAY 31ST DECEMBER

9.15 - 10am **HIIT AND CORE** Clare | Studio One

10.10 - 10.55am

Clare | Indoor Pool

AQUA

Ayoola | Studio Two 11.15am - 12.15pm **PILATES**

10 - 11am BODYPUMP™ Ayoola | Studio One

WEDNESDAY 1ST JANUARY

10 - 11am **AEROTONE** Michelle | Studio One 11.15am - 12pm **AQUA** Michelle | Indoor Pool

TUESDAY 17TH DECEMBER

6.30 - 7.15am Tanysha | Group Cycle

8.15 - 9.15am **VINYASA FLOW YOGA** Juliet | Studio One

9.15 - 10am **HIIT AND CORE** Clare | Studio One

9.30 - 10am Tanysha | Studio Two

10.10 - 10.55am

Clare | Indoor Pool

AQUA

10 - 10.30am 7 – 8pm **CORE BLAST** Tanysha | Studio Two

9.15 - 10am

Susanne | Studio One

Ayesha | Studio One

11.15am - 12.15pm Blair | Studio Two

1.30 - 2.30 pm**VINYASA FLOW** YOGA

SATURDAY 21ST DECEMBER

FRIDAY 20TH DECEMBER

6.30 - 7am

7 - 7.45am

8 - 9am

PILATES

BODYPUMP™

Donal | Studio One

Donal | Studio One

BACK TO BASICS

8.30 - 9.15am

9.15 - 9.45am

9.15 - 10am

9.30 - 10.15am

Geri | Group Cycle

ZUMBA

TRX

HIIT AND CORE

Clare | Studio One

Zuzana | Studio Two

Susanne | Studio One

Susanne | Studio Two

7.45 - 8.45am **PILATES** Jo-Ann | Studio One

8.30 - 9am **GRIT STRENGTH™**

Blair | Studio Two

8.45 - 9.45am **PILATES** Jo-Ann | Studio One

9 - 9.30amGRIT CARDIO™

9 - 9.45am

9 - 9.45am

Ayesha | Indoor Pool

AQUA

10.45 - 11.15am Geri | Group Cycle

10.15 - 11.15am **TBW** Lauren | Studio Two

Geri | Studio One 10.45 - 11.30am **SPIN** Ayesha | Group Cycle