

# Studio Classes Christmas timetable

Reduced timetable from Monday 16<sup>th</sup> December 2019 to 1<sup>st</sup> January 2020

## MONDAY 16<sup>TH</sup> DECEMBER

6.30 – 7am <b>GRIT™</b> Blair   Studio One	11 – 11.30am <b>BEGINNERS SPIN</b> Roy   Group Cycle
7 – 7.45am <b>BODYPUMP™</b> Blair   Studio One	11.10am – 12.10pm <b>YOGALATES</b> Adela   Studio One
8.45 – 9.30am <b>HIIT AND CORE</b> Roy   Studio One	1 – 2pm <b>YIN YANG YOGA</b> Juliet   Studio Two
9 – 9.45am <b>SPIN</b> Gym staff   Group Cycle	6.30 – 7.15pm <b>BODYATTACK™</b> Donal   Studio One
9.30 – 10.15am <b>LBT</b> Liz   Studio One	7 – 7.45pm <b>SPIN</b> Phuriwat   Group Cycle
9.30 – 10.15am <b>AQUA</b> Zuzana   Indoor Pool	7.30 – 8.30pm <b>BODYPUMP™</b> Mike   Studio One
10.15 – 11am <b>DANCE ZUMBA</b> Deby   Studio One	7.30–9pm <b>SIVANANDA YOGA</b> Alison   Studio Two

## TUESDAY 17<sup>TH</sup> DECEMBER

6.30 – 7.15am <b>SPIN</b> Tanysha   Group Cycle	10 – 11am <b>BODYPUMP™</b> Ayoola   Studio One
8.15 – 9.15am <b>VINYASA FLOW YOGA</b> Juliet   Studio One	11.10am – 12.10pm <b>BODYBALANCE™</b> Ayoola   Studio Two
9.15 – 10am <b>HIIT AND CORE</b> Clare   Studio One	11.15am – 12.15pm <b>PILATES</b> Jocelyn   Studio One
9.30 – 10am <b>TRX</b> Tanysha   Studio Two	7 – 7.45pm <b>SPIN</b> Roy   Group Cycle
10 – 10.30am <b>CORE BLAST</b> Tanysha   Studio Two	7 – 8pm <b>PILATES</b> Lauren   Studio One
10.10 – 10.55am <b>AQUA</b> Clare   Indoor Pool	7.15 – 8.15pm <b>BODYPUMP™</b> Geri   Studio Two

## WEDNESDAY 18<sup>TH</sup> DECEMBER

6.30 – 7am <b>EXPRESS BODY ATTACK™</b> Donal   Studio One	11.15am – 12.15pm <b>HATHA YOGA</b> Alice   Studio Two
7 – 7.45am <b>BODYPUMP™</b> Donal   Studio Two	11.15am – 12pm <b>AQUA</b> Susanne   Indoor Pool
7 – 8am <b>PILATES</b> Jocelyn   Studio One	12.15 – 1.15pm <b>MATURE MOVERS</b> Lauren   Studio One
8.15 – 9.15am <b>VINYASA FLOW YOGA</b> Juliet   Studio Two	12.30 – 1.30pm <b>BODYPUMP™</b> Ayoola   Studio Two
8.20 – 9.05am <b>BEGINNERS SPIN</b> Susanne   Group Cycle	1.15 – 2.15pm <b>PILATES</b> Lauren   Studio One
8.45 – 9.15am <b>GRIT™</b> Donovan   Studio One	7 – 7.45pm <b>ZUMBA</b> Amelia   Studio One
9.15 – 10am <b>ABS CONDITIONING</b> Susanne   Studio One	7.30 – 8.30pm <b>BODYPUMP™</b> Geri   Studio Two
10 – 11am <b>AEROTONE</b> Susanne   Studio One	

## THURSDAY 19<sup>TH</sup> DECEMBER

6.30 – 7.15am <b>SPIN</b> Donal   Group Cycle	9.35 – 10.20am <b>FIT BALL</b> Ayesha   Studio One
7 – 7.45am <b>CARDIO BLAST</b> Roy   Gym Floor	10.20 – 11.05am <b>BODY CONDITIONING</b> Ayesha   Studio One
8.30 – 9.30am <b>BODYPUMP™</b> Ayesha   Studio One	11.15am – 12.15pm <b>PILATES</b> Kaysha   Studio One
9.05 – 9.50am <b>SPIN</b> Geri   Group Cycle	1.30 – 2.30pm <b>VINYASA FLOW YOGA</b> Juliet   Studio One
10 – 11am <b>BODYBALANCE™</b> Geri   Studio Two	

## FRIDAY 20<sup>TH</sup> DECEMBER

6.30 – 7am <b>EXPRESS BODY ATTACK™</b> Donal   Studio One	9.30 – 10.15am <b>AQUA</b> Clare   Indoor Pool
7 – 7.45am <b>BODYPUMP™</b> Donal   Studio One	9.45 – 10.15am <b>CORE BLAST</b> Zuzana   Studio Two
8 – 9am <b>BACK TO BASICS PILATES</b> Susanne   Studio Two	10 – 11am <b>LBT</b> Susanne   Studio One
8.30 – 9.15am <b>HIIT AND CORE</b> Clare   Studio One	10.30 – 11am <b>BEGINNERS SPIN</b> Clare   Group Cycle
9.15 – 9.45am <b>TRX</b> Zuzana   Studio Two	10.20 – 11.20am <b>BODYBALANCE™</b> Geri   Studio Two
9.15 – 10am <b>ZUMBA</b> Susanne   Studio One	11.15 – 11.45am <b>HYDRO SPIN (£)</b> Susanne   Indoor Pool
9.30 – 10.15am <b>SPIN</b> Geri   Group Cycle	11.20am – 12.05pm <b>BARRE™</b> Geri   Studio Two
	12.30 – 1.30pm <b>PILATES</b> Lauren   Studio One

## SATURDAY 21<sup>ST</sup> DECEMBER

7.45 – 8.45am <b>PILATES</b> Jo-Ann   Studio One	9.30 – 10.15am <b>STEP</b> Lauren   Studio Two
8.30 – 9am <b>GRIT STRENGTH™</b> Blair   Studio Two	9.45 – 10.45am <b>BODYPUMP™</b> Geri   Studio One
8.45 – 9.45am <b>PILATES</b> Jo-Ann   Studio One	10 – 10.30am <b>BEGINNERS SPIN</b> Ayesha   Group Cycle
9 – 9.30am <b>GRIT CARDIO™</b> Blair   Studio Two	10.15 – 11.15am <b>TBW</b> Lauren   Studio Two
9 – 9.45am <b>SPIN</b> Geri   Group Cycle	10.45 – 11.15am <b>HIIT</b> Geri   Studio One
9 – 9.45am <b>AQUA</b> Ayesha   Indoor Pool	10.45 – 11.30am <b>SPIN</b> Ayesha   Group Cycle

## SATURDAY 21<sup>ST</sup> DECEMBER (CONT.)

11.15am – 12.15pm <b>BODYBALANCE™</b> Geri   Studio One	12 – 12.30pm <b>SPORTS STRETCH</b> Gym staff   Studio Two
11.30am – 12pm <b>TRX</b> Gym Staff   Studio Two	4 – 5.30pm <b>SIVANANDA YOGA (£)</b> Alison   Studio One

## SUNDAY 22<sup>ND</sup> DECEMBER

9 – 9.30am <b>HYDRO SPIN (£)</b> Gym staff   Outdoor Pool	10.30 – 11.15am <b>BOX FIT</b> Lauren   Studio Two
9 – 9.45am <b>LBT</b> Ayesha   Studio One	11 – 11.45am <b>SPIN</b> TBC   Group Cycle
9.30 – 10.15am <b>BARRE™</b> Lauren   Studio Two	11am – 12pm <b>PILATES</b> Jocelyn   Studio One
10 – 11am <b>PILATES</b> Jocelyn   Studio One	11.30am – 12.30pm <b>BODYBALANCE™</b> Lauren   Studio Two
10.10 – 10.55am <b>SPIN</b> TBC   Group Cycle	12 – 1pm <b>BODYPUMP™</b> Mike   Studio One

## MONDAY 23<sup>RD</sup> DECEMBER

6.30 – 7am <b>GRIT™</b> Blair   Studio One	9.30 – 10am <b>TRX</b> Gym staff   Studio Two
7 – 7.45am <b>BODYPUMP™</b> Blair   Studio One	9.30 – 10.15am <b>AQUA</b> Zuzana   Indoor Pool
8.45 – 9.30am <b>HIIT AND CORE</b> Roy   Studio One	10 – 10.30am <b>SPORTS STRETCH</b> Gym staff   Studio Two
9 – 9.45am <b>SPIN</b> Gym staff   Group Cycle	11 – 11.30am <b>BEGINNERS SPIN</b> Roy   Group Cycle
9.30 – 10.15am <b>LBT</b> Liz   Studio One	11.10am – 12.10pm <b>YOGALATES</b> Adela   Studio One

## TUESDAY 24<sup>TH</sup> DECEMBER

6.30 – 7.15am <b>SPIN</b> Tanysha   Group Cycle	10.10 – 10.55am <b>AQUA</b> Clare   Indoor Pool
9.15 – 10am <b>HIIT AND CORE</b> Clare   Studio One	10 – 11am <b>BODYPUMP™</b> Ayoola   Studio One
9.30 – 10am <b>TRX</b> Tanysha   Studio Two	11.10am – 12.10pm <b>BODYBALANCE™</b> Ayoola   Studio Two
10 – 10.30am <b>CORE BLAST</b> Tanysha   Studio Two	11.15am – 12.15pm <b>PILATES</b> Jocelyn   Studio One

## WEDNESDAY 25<sup>TH</sup> DECEMBER

NO CLASSES. CLUB CLOSED.

## THURSDAY 26<sup>TH</sup> DECEMBER

NO CLASSES. CLUB CLOSED.

## FRIDAY 27<sup>TH</sup> DECEMBER

8.30 – 9.15am <b>HIIT AND CORE</b> Clare   Studio One	10 – 11am <b>LBT</b> Susanne   Studio One
9.15 – 10am <b>ZUMBA</b> Susanne   Studio One	10.30 – 11am <b>BEGINNERS SPIN</b> Clare   Group Cycle
9.30 – 10.15am <b>SPIN</b> Geri   Group Cycle	10.20 – 11.20am <b>BODYBALANCE™</b> Geri   Studio Two
9.30 – 10.15am <b>AQUA</b> Clare   Indoor Pool	12.30 – 1.30pm <b>PILATES</b> Lauren   Studio One

## SATURDAY 28<sup>TH</sup> DECEMBER

8.30 – 9am <b>GRIT STRENGTH™</b> Blair   Studio Two	9 – 9.45am <b>AQUA</b> Ayesha   Indoor Pool
8.45 – 9.45am <b>PILATES</b> Jo-Ann   Studio One	9.30 – 10.15am <b>STEP</b> Lauren   Studio Two
9 – 9.30am <b>GRIT CARDIO™</b> Blair   Studio Two	9.45 – 10.45am <b>BODYPUMP™</b> Geri   Studio One
9 – 9.45am <b>SPIN</b> Geri   Group Cycle	10 – 10.30am <b>BEGINNERS SPIN</b> Ayesha   Group Cycle

## SATURDAY 28<sup>TH</sup> DECEMBER (CONT.)

10.15 – 11.15am <b>TBW</b> Lauren   Studio Two	10.45 – 11.30am <b>SPIN</b> Ayesha   Group Cycle
10.45 – 11.15am <b>HIIT</b> Geri   Studio One	11.15am – 12.15pm <b>BODYBALANCE™</b> Geri   Studio One

## SUNDAY 29<sup>TH</sup> DECEMBER

9 – 9.45am <b>LBT</b> Ayesha   Studio One	11 – 11.45am <b>SPIN</b> TBC   Group Cycle
9.30 – 10.15am <b>BARRE™</b> Lauren   Studio Two	11am – 12pm <b>PILATES</b> Jocelyn   Studio One
10 – 11am <b>PILATES</b> Jocelyn   Studio One	11.30am – 12.30pm <b>BODYBALANCE™</b> Lauren   Studio Two
10.10 – 10.55am <b>SPIN</b> TBC   Group Cycle	12 – 1pm <b>BODYPUMP™</b> Mike   Studio One

## MONDAY 30<sup>TH</sup> DECEMBER

8.45 – 9.30am <b>HIIT AND CORE</b> Roy   Studio One	11 – 11.30am <b>BEGINNERS SPIN</b> Roy   Group Cycle
9.30 – 10.15am <b>LBT</b> Liz   Studio One	11.10am – 12.10pm <b>YOGALATES</b> Adela   Studio One

## TUESDAY 31<sup>ST</sup> DECEMBER

9.15 – 10am <b>HIIT AND CORE</b> Clare   Studio One	11.10am – 12.10pm <b>BODYBALANCE™</b> Ayoola   Studio Two
10.10 – 10.55am <b>AQUA</b> Clare   Indoor Pool	11.15am – 12.15pm <b>PILATES</b> Jocelyn   Studio One
10 – 11am <b>BODYPUMP™</b> Ayoola   Studio One	

## WEDNESDAY 1<sup>ST</sup> JANUARY

10 – 11am <b>AEROTONE</b> Michelle   Studio One	11.15am – 12pm <b>AQUA</b> Michelle   Indoor Pool
---	---