

**MONDAY 3<sup>RD</sup> APRIL**

06:35-07:20	Suspension Circuit*	3	Rodney
09:10-10:00	Insanity LIVE!™	2-3	Hannah
09:30-10:15	Group Cycle - Groove*	1-2	Lilly
09:45-10:30	Aqua Mix*	1-2	Tracey
10:20-11:10	Total Body Tone	2-3	Lilly
10:30-11:30	Barre Concept	1-2	Sam
11:30-12:00	Functional Training	2-3	Brandon
11:35-12:15	Back Care	1-2	Rodney
12:30-13:00	Gym Core*	1-2	James
12:30-13:15	Suspension Circuit	2-3	Rodney
13:00-13:30	Functional Training	2-3	James
18:15-19:10	Barre Concept	1-2	Rebecca
18:30-19:20	Suspension Circuit	3	James
18:30-19:15	Deep Water Aqua	1-2	Alice
18:30-19:00	Gym Core	1-2	Lynne
19:10-20:00	Group Cycle Endurance	2-3	Phil
19:15-20:10	Konga	1-2	Lilly
19:15-20:15	Pilates - Beginners/Rehab £	1-2	Sammi
20:00-20:45	Swim Fit	1-3	Chris
20:15-21:30	Gentle Flow Vinyasa Yoga	1-2	Julia

**TUESDAY 4<sup>TH</sup> APRIL**

06:45-07:15	Functional Training	2-3	Brandon
09:00-09:55	Zumba*	1-2	Hannah
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorata
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
11:45-12:30	Group Cycle - Groove*	1-2	Poppy
12:35-13:15	Core Conditioning*	1-2	Poppy
14:00-14:45	Club Active	1-2	Poppy
18:30-19:30	Body Pump	2-3	Shelly
18:45-19:15	Group Cycle - HIIT	3	Phil
18:45-19:30	Aqua Mix	1-3	Tracey
19:00-19:30	Gym Core	1-2	Dan
19:30-20:00	Functional Training	2-3	Katie
19:35-20:30	Total Body Tone	1-3	Shelly

See next page for more classes...

19:30-20:30	Fitness Pilates	1-3	Jo
20:00-20:30	Functional Training	2-3	Rob

**WEDNESDAY 5<sup>TH</sup> APRIL**

06:35-07:20	Boxing Circuits*	2-3	Harriet
08:00-08:30	Functional Training	2-3	Chris
09:00-09:30	Functional Training	2-3	Chris
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet
09:30-10:30	Barre Concept*	2-3	Rebecca
09:45-10:30	Aqua Mix*	1-2	Tracey
10:30-11:30	Fitness Pilates*	2-3	Jo
11:00-12:15	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Body Pump	1-2	Brandon
18:30-19:00	Functional Training	2-3	James
18:30-19:20	Konga	1-3	Lilly
18:30-19:25	Barre Concept	1-2	Sam
18:45-19:30	Group Cycle - Groove	1-2	Brandon
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Warm Vinyasa Yoga	2-3	Delia

**THURSDAY 6<sup>TH</sup> APRIL**

06:35-07:20	Body Pump	2-3	Haley
06:35-07:20	Swim Fit*	1-2	Chris
06:45-07:15	Functional Training	2-3	Katie
09:10-10:00	Insanity LIVE!™	2-3	Haley
09:10-09:55	Barre Concept*	1-2	Sam
09:15-10:00	Group Cycle - Groove	1-2	Lilly
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
10:00-11:15	Iyengar Yoga*	2-3	Sharon
10:05-10:50	Total Body Tone	2-3	Haley
11:30-12:00	Functional Training	2-3	Brandon
11:30-12:15	Fitness Pilates*	1-2	Haley
12:30-13:20	Suspension Circuit	1-3	James
13:45-14:30	Club Active	1-2	Haley
18:15-19:00	Deep Water Aqua	1-3	Jo
18:30-19:00	Group Cycle - HIIT	3	Harriet
18:30-19:15	Fitness Pilates	1-2	Rodney
19:20-20:20	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

**FRIDAY 7<sup>TH</sup> APRIL**

06:40-07:10	Group Cycle - HIIT*	3	Haley
09:00-09:30	Functional Training	2-3	Emma
09:30-10:20	Group Cycle - Endurance	2-3	Harriet
09:30-10:30	Body Pump	2-3	Haley
10:35-11:30	Zumba	1-3	Paula
11:30-12:00	Functional Training	2-3	Emma
11:40-12:20	Post Natal Course <i>See Studio notice board for details</i>		
12.30 - 13.15	Insanity LIVE!™	2-3	Haley
11:30-12:40	Gentle Flow Vinyasa Yoga*	1-2	Julia
18:30-19:00	Gym Core	1-3	Rob

**SATURDAY 8<sup>TH</sup> APRIL**

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:30	Functional Training	2-3	Brandon/Katie
09:00-09:55	Fitness Pilates*	1-2	Jo
09:10-09:55	Konga*	1-2	Lilly
09:30-10:00	Functional Training	2-3	Brandon/Katie
09:30-10:15	Group Cycle - Groove*	1-2	Stefan
10:00-10:50	Insanity LIVE!™	2-3	Emma
10:15-11:30	Warm Precision Vinyasa Yoga	2-3	Delia
11:00-11:45	Total Body Tone	2-3	Emma
17:00-17:30	Gym Core*	1-3	Dan/Cameron

**SUNDAY 9<sup>TH</sup> APRIL**

09:00-09:30	Gym Core*	1-2	Cameron
09:00-10:15	Hatha Yoga*	1-2	Rebecca
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet/Steph
09:30-10:25	Zumba*	1-2	Mara
10:30-11:30	Barre Concept*	1-2	Jo
10:30-11:30	Body Pump	2-3	Harriet/Steph
17:00-17:45	Boxing Circuits*	1-3	Brandon/Rob

\*Subject to availability, these classes may be booked by junior members (14+).

**Easter Studio**  
**Timetable**  
 3<sup>rd</sup>-17<sup>th</sup> April 2017

**MONDAY 10<sup>TH</sup> APRIL**

06:35-07:20	Suspension Circuit*	3	Rodney
09:10-10:00	Insanity LIVE!™	2-3	Hannah
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
09:45-10:30	Aqua Mix*	1-2	Tracey
10:05-10:50	Total Body Tone	2-3	Lilly
10:30-11:30	Barre Concept	1-2	Sam
11:30-12:00	Functional Training	2-3	Brandon
11:35-12:15	Back Care	1-2	Rodney
12:30-13:00	Gym Core*	1-2	James
12:30-13:15	Suspension Circuit	2-3	Rodney
13:00-13:30	Functional Training	2-3	James
18:15-19:10	Barre Concept	1-2	TBC
18:30-19:20	Suspension Circuit	3	James
18:30-19:15	Deep Water Aqua	1-2	Alice
18:30-19:00	Gym Core	1-2	Lynne
19:10-20:00	Group Cycle Endurance	2-3	Phil
19:15-20:10	Konga	1-2	Lilly
20:15-21:30	Gentle Flow Vinyasa Yoga	1-2	Julia

**TUESDAY 11<sup>TH</sup> APRIL**

06:45-07:15	Functional Training	2-3	Brandon
09:00-09:55	Zumba*	1-2	Hannah
09:20-09:50	Group Cycle - HIIT*	3	Brandon
09:45-10:30	Deep Water Aqua*	1-2	Dorata
09:45-11:00	Flow Vinyasa Yoga*	1-2	Rebecca
10:00-10:30	Gym Core*	1-2	Emma
10:00-11:00	Body Pump	2-3	Brandon
11:30-12:00	Functional Training	2-3	Brandon
11:45-12:30	Group Cycle - Groove*	1-2	Caroline
12:35-13:15	Fitness Pilates*	1-2	Caroline
14:00-14:45	Club Active	1-2	Poppy
18:30-19:30	Body Pump	2-3	Shelly
18:45-19:15	Group Cycle - HIIT	3	Caroline
18:45-19:30	Aqua Mix	1-3	Tracey
19:00-19:30	Gym Core	1-2	Dan
19:30-20:00	Functional Training	2-3	Katie
19:35-20:30	Total Body Tone	1-3	Shelly
19:30-20:30	Fitness Pilates	1-3	Caroline
20:00-20:30	Functional Training	2-3	Rob

**WEDNESDAY 12<sup>TH</sup> APRIL**

06:35-07:20	Boxing Circuits*	2-3	Harriet
09:00-09:30	Functional Training	2-3	Emma
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet
09:30-10:30	Barre Concept*	2-3	Sam
09:45-10:30	Aqua Mix*	1-2	Tracey
10:30-11:30	Fitness Pilates*	2-3	Caroline
11:00-12:15	Iyengar Yoga*	2-3	Sharon
12:30-13:15	Body Pump	1-2	Brandon
12:30-13:15	Fitness Pilates*	1-2	Rodney
18:30-19:00	Functional Training	2-3	James
18:30-19:20	Konga	1-3	Lilly
18:30-19:25	Barre Concept	1-2	Mariam
18:45-19:30	Group Cycle - Groove	1-2	Brandon
19:30-20:20	Insanity LIVE!™	2-3	James
19:30-20:45	Warm Vinyasa Yoga	2-3	Delia

**THURSDAY 13<sup>TH</sup> APRIL**

06:35-07:20	Body Pump	2-3	Haley
06:45-07:15	Functional Training	2-3	Katie
09:10-10:00	Insanity LIVE!™	2-3	Haley
09:10-09:55	Barre Concept*	1-2	Vanessa
09:15-10:00	Group Cycle - Groove	1-2	Kathy
09:45-10:30	Deep Water Aqua*	1-3	Dorata
10:00-10:30	Gym Core*	1-3	Brandon
10:00-11:15	Iyengar Yoga*	2-3	Sharon
10:05-10:50	Total Body Tone	2-3	Haley
11:30-12:00	Functional Training	2-3	Brandon
11:30-12:15	Fitness Pilates*	1-2	Haley
12:30-13:20	Suspension Circuit	1-3	James
13:45-14:30	Club Active	1-2	Haley
18:15-19:00	Deep Water Aqua	1-3	Jo
18:30-19:00	Group Cycle - HIIT	3	Harriet
18:30-19:15	Fitness Pilates	1-2	Rodney
19:20-20:20	Body Pump	2-3	Harriet
19:30-20:45	Iyengar Flow Yoga	1-2	Yolanda

# Easter Studio Timetable

**FRIDAY 14<sup>TH</sup> APRIL - GOOD FRIDAY**

09:00-09:30	Gym Core*	1-3	Harriet
09:10-10:00	Konga*	1-3	Lilly
09:30-10:15	Group Cycle	1-3	Haley
09:30-10:45	Gentle Flow Vinyasa Yoga*	1-2	Julia
10:30-11:30	Body Pump	2-3	Haley
10:30-11:00	Gym Core*	1-3	Harriet
11:45-12:30	Fitness Pilates*	1-2	Haley

**SATURDAY 15<sup>TH</sup> APRIL**

09:00-09:30	Gym Core*	1-3	Emma
09:00-09:30	Functional Training	2-3	Brandon/Katie
09:00-09:55	Fitness Pilates*	1-3	Caroline
09:10-09:55	Konga*	1-2	Lilly
09:30-10:00	Functional Training	2-3	Brandon/Katie
09:30-10:15	Group Cycle - Groove*	1-2	Kathy
10:00-10:50	Insanity LIVE!™	2-3	Caroline
10:15-11:30	Warm Precision Vinyasa Yoga	2-3	Delia
11:00-11:45	Total Body Tone	2-3	Caroline
17:00-17:30	Gym Core*	1-3	Gym Team

**SUNDAY 16<sup>TH</sup> APRIL - EASTER SUNDAY**

09:00-09:30	Gym Core*	1-2	Gym Team
09:00-10:15	Hatha Yoga*	1-2	Rebecca
09:30-10:20	Group Cycle - Endurance*	2-3	Harriet/Steph
09:30-10:25	Zumba*	1-2	Mara
10:30-11:30	Barre Concept*	1-2	Mariam
10:30-11:30	Body Pump	2-3	Steph
16:00-16:45	Boxing Circuits*	1-3	Brandon/Rob

\*Subject to availability, these classes may be booked by junior members (14+).

**MONDAY 17<sup>TH</sup> APRIL - EASTER MONDAY**

09:00-09:30	Gym Core*	1-3	Brandon
09:10-10:00	Insanity LIVE!™	2-3	Caroline & Stefan
09:30-10:20	Group Cycle	1-3	Kathy
09:30-10:45	Gentle Flow Vinyasa Yoga*	1-2	Julia
10:05-10:50	Total Body Tone*	2-3	Caroline
10:15-10:45	Functional Training	2-3	Stefan
10:30-11:00	Gym Core*	1-3	Brandon

3<sup>rd</sup>-17<sup>th</sup> April 2017