

CLASS TIMETABLE

FROM 19TH APRIL 2021

MON

06:45 07:30	H.I.I.T./L.I.I.T.* RODNEY (OUTSIDE)	2-3
09:30 10:15	CARDIO & CONDITIONING* KATIE (OUTSIDE)	1-3
09:30 10:15	STREETBOX* LILY (ZOOM)	2-3
09:45 10:30	BARRE VANESSA (ZOOM)	2-3
10:30 11:15	WALK & TONE* RODNEY (OUTSIDE)	1-2
10:45 11:35	PILATES VANESSA (ZOOM)	2-3
11:30 12:15	CYCLE FIT* STEFAN (OUTSIDE)	1-3
13:45 14:30	SIT & GET FIT LYNNE (OUTSIDE)	1-2
17:30 18:15	FUNCTIONAL TRAINING* LILY (OUTSIDE)	3
18:30 19:15	STREETBOX LILY (OUTSIDE)	2-3
18:45 19:35	PILATES CAROLINE G (ZOOM)	1-2

TUE

08:30 09:15	CARDIO & CONDITIONING* JEFF (OUTSIDE)	1-3
09:45 10:50	GENTLE FLOW VINYASA YOGA UZMA (ZOOM)	2-3
10:30 11:15	WALK & TONE* LYNNE (OUTSIDE)	1-2
11:30 12:15	SQUASH FITNESS NEAL (OUTSIDE)	2-3
12:30 13:15	BODYWEIGHT BOOTCAMP* JEFF (OUTSIDE)	2-3
13:45 14:30	CLUB ACTIVE: WALK & TONE POPPY (OUTSIDE)	1-2

17:30 18:15	BODYWEIGHT BOOTCAMP* BAILEY (OUTSIDE)	2-3
18:30 19:15	KETTLEBELL CONDITIONING KATHERINE (OUTSIDE)	2-3
19:00 19:50	FITNESS PILATES STEFAN (ZOOM)	1-2

WED

06:45 07:30	BODYWEIGHT BOOTCAMP* CHRIS (OUTSIDE)	2-3
09:30 10:15	CARDIO & CORE* BAILEY (OUTSIDE)	1-3
09:45 10:35	PILATES CAROLINE T (ZOOM)	2-3
10:30 11:15	CARDIO & STRENGTH* JUDE (OUTSIDE)	1-2
12:30 13:00	H.I.I.T./L.I.I.T.* BAILEY (OUTSIDE)	2-3

17:30 18:15	FUNCTIONAL TRAINING* DAN (OUTSIDE)	3
18:30 19:15	CARDIO & STRENGTH* CAT (OUTSIDE)	2-3
18:30 19:15	STREETBOX LILY (ZOOM)	2-3
18:45 19:50	DYNAMIC FLOW & RESTORE YOGA JO (ZOOM)	1-2

THU

08:30 09:15	CARDIO & CORE* BAILEY (OUTSIDE)	1-3
09:45 10:50	VINYASA YOGA UZMA (ZOOM)	2-3
10:30 11:15	SQUASH FITNESS NEAL (OUTSIDE)	1-2
11:30 12:15	CARDIO & CONDITIONING* LILY (OUTSIDE)	2-3
12:30 13:15	FUNCTIONAL TRAINING* LILY (OUTSIDE)	3
12:45 13:35	PILATES CAROLINE G (ZOOM)	2-3

17:30 18:15	TOTALLY SHREDDED* SARA (OUTSIDE)	3
18:30 19:15	KONGA SARA (OUTSIDE)	2-3

FRI

06:45 07:30	CARDIO & CORE* JEFF (OUTSIDE)	1-3
09:30 10:15	FUNCTIONAL TRAINING* DAN (OUTSIDE)	3
09:45 10:30	BARRE VANESSA (ZOOM)	2-3
10:45 11:35	PILATES VANESSA (ZOOM)	2-3
11:30 12:15	KETTLEBELL CONDITIONING JEFF (OUTSIDE)	2-3
13:45 14:30	CLUB ACTIVE: L.I.I.T. POPPY (OUTSIDE)	1-2

SAT

08:30 09:15	TOTAL SHREDDED* SARA (OUTSIDE)	1-3
08:45 09:35	PILATES CAROLINE T (ZOOM)	2-3
09:30 10:15	BODYWEIGHT BOOTCAMP* DAN (OUTSIDE)	1-2
10:30 11:15	CARDIO & STRENGTH JUDE (OUTSIDE)	2-3
10:45 11:50	DYNAMIC FLOW YOGA* DELIA (ZOOM)	1-3

SUN

08:30 09:15	H.I.I.T./L.I.I.T. & CORE* CAT (OUTSIDE)	1-2
08:45 09:50	GENTLE FLOW VINYASA YOGA MARJAN (ZOOM)	2-3
09:30 10:15	CARDIO & STRENGTH CAT (OUTSIDE)	2-3
10:30 11:15	KONGA SARA (OUTSIDE)	2-3

MIND & BODY

HIGH INTENSITY

STRENGTH/CONDITIONING

OTHER



LEVEL 1 | Fun & enjoyable starter activities - beginners or returning to exercise
LEVEL 2 | Regular class attendees and good level of fitness
LEVEL 3 | Intense, challenging classes - high level of fitness & mobility required

Classes must be pre-booked, and can be done so up to a week in advance.
 *Can be booked by 14-17 members.
 Simply use our online booking portal, or call Reception on 020 8398 7108.

