

# CLASS TIMETABLE (studio, spin and squash)

During crèche

Green : external class

11<sup>th</sup> January 2018

|     |                                             |                                                                             |                                                                        |                                                                 |                                                                  |                                                                                                                                                                                               |                                                                                   |
|-----|---------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Mon | 9:30 – 10am<br>HIIT<br>Claire               | 10-11am<br>Body design – Claire<br><hr/> 10– 11am<br>E squash coaching      | 12:45 - 1:15<br>Spin<br>Claire                                         | 5:30 – 6:00pm<br>Spin - Fiona<br>6:00 – 6:30pm<br>Spin - Olivia | 6:30 - 7:30pm<br>Free weights<br>Fiona<br>(booking required)     | 7:30 – 8pm<br>HIIT & Pump<br>Fiona                                                                                                                                                            | 8 - 9pm<br>Flow Yoga<br>Laura                                                     |
| Tue |                                             | 10 - 11am<br>HATHA Yoga<br>Em                                               | 12:45 - 1:15<br>Spin<br>Big Joe                                        | 5:30 – 6.30pm<br>1 hour Spin<br>Big Joe/ Ellis                  | 6:15 – 7:15pm<br>Core Boxing<br>Big Joe                          | D/E squash training<br>7:40 – 8:40pm<br>Sue<br>(please pre-book)                                                                                                                              | JV Self Defence<br>7:30 – 8:30pm<br>James Virdi<br>07546475147                    |
| Wed | 7 – 7:40am<br>Spin & HIIT<br>Fiona          | 9 – 9:50am<br>Yoga<br>Rebecca                                               | 10 - 11am<br>Hi Lo Circuits<br>Claire                                  | 12:45 - 1:15<br>Spin<br>Big Joe                                 | 4pm-5pm<br>Beginner ladies<br>squash<br><hr/> 5:30 - 6pm<br>Spin | 7pm - 7:30pm<br>Ab Attack – Nigel<br><hr/> C/D squash training<br>7pm – 8pm                                                                                                                   | 7:30 - 8:30pm<br>Circuits<br>Nigel                                                |
| Thu | 7 – 7:40am<br>Cardio & Core<br>Fiona        | 9:30 – 10am<br>HIIT & Pump - Fiona<br><hr/> 10 - 11am<br>Fitball - Claire   | 10-11:30am<br>Club Squash<br><hr/> 11am-12noon<br>Zumba Gold<br>Olivia | 12:45 - 1:15<br>Spin<br>Olivia                                  | 5:30 - 6pm<br>Spin                                               | 6 - 7pm<br>Fitness Pilates<br>Nigel                                                                                                                                                           | Kick Boxing<br>7-9pm<br>A1 Martial Arts<br>07527 213291                           |
| Fri | 7-7:30am<br>Spin<br>Emma                    | 10-11am<br>Step & Pump<br>Claire<br>(booking required)                      | 12:45 - 1:15<br>Spin<br>Claire                                         | 5:30 - 6:15pm<br>Hardcore Spin<br>Nigel<br>(booking required)   | Racketball Club Night<br>5:20-6:20pm                             | Yoga<br>6 – 7:15pm<br>Kate                                                                                                                                                                    | Holistic fitness &<br>wellness class<br>7.30-8.30pm<br>Emma Barker<br>07973222410 |
| Sat | 9:15 - 9:45am<br>Hardcore Spin<br>Claire/Em | Kick Boxing<br>9:40-11:40<br>Ian - 01844260058                              | 10 - 11am<br>Circuits<br>Claire/Em                                     | 11 - 11:20<br>Stretch<br>Claire/Em                              |                                                                  |  <p>Class prices vary according to membership type<br/>For further information call<br/>01844 261754</p> |                                                                                   |
| Sun |                                             | 10-10:30am &<br>10:30-11am<br>Spin and Squat<br>Ellis<br>(booking required) | 10:30-11:30<br>HATHA Yoga<br>Em                                        |                                                                 | Squash Club Night<br>4:40 onwards                                |                                                                                                                                                                                               |                                                                                   |