



All our classes are safe, effective and FUN!

To attend the Pilates classes you must first complete an introductory workshop which runs every month, details of our workshops are available from reception.

Everyone is encouraged to work at their own pace with alternatives offered for each exercise.

Make sure that you drink lots of water whilst working out, this will prevent dehydration and allow you to keep going!

Thank you
Tracy
STUDIO MANAGER

BOOKING

We recommend that you get into the habit of booking your classes (up to 6 days in advance) as numbers are limited.

Bookings for classes will be held up until one minute (5 minutes for aqua) prior to the start time after which they will be allocated to the reserve list. Members missing the start of the class will be refused entry.

As a courtesy to other members on the reserve list please remember to cancel your place if you are unable to attend, either at reception or by calling the club.

N.B. Fair play policy. If any one type of class becomes oversubscribed we reserve the right to restrict the number of advanced bookings a member can make.

MONDAY - 14th December

9.30 - 10.30	Body Pump	Stephanie
9.30 - 10.00	HIIT	Tracy
9.45 - 10.30	RPM	Janine
10.00 - 10.30	Core	Tracy
10.45 - 11.45	Body Balance	Stephanie
11.00 - 12.30	Yoga	Sue
12.30 - 1.15	Body Conditioning	Zoë
6.30 - 7.15	RPM	Graham
6.45 - 7.30	Body Attack	Nancy
7.30 - 8.30	Body Pump	Colette
7.45 - 9.00	Yoga	Clare

TUESDAY - 15th December

6.15 - 7.00	RPM	Graham
9.30 - 10.30	Body Conditioning	Zoë
11.00 - 11.45	Aqua	Zoë
11.00 - 11.45	Body Step	Nancy
11.00 - 11.45	Sh'bam	Natasha
6.30 - 7.30	Body Balance	Lisa
6.30 - 7.15	RPM	Chris
6.45 - 7.30	LBT	Sara
7.30 - 8.15	Pilates	Lisa
7.30 - 8.15	RPM	Chris
8.00 - 8.45	Aqua	Stuart

WEDNESDAY - 16th December

9.15 - 10.15	Pilates	Emma
9.30 - 10.15	Aerobics	Tina
9.30 - 10.15	Spin	Colette
10.15 - 10.45	Core	Tina
11.00 - 12.00	Body Pump	Colette
12.15 - 1.00	Pilates	Zoë
1.15 - 2.30	Yoga	Debs
6.30 - 7.15	LBT	Sara
7.15 - 8.15	Insanity	Lisa
8.15 - 9.30	Yoga	Terry

STUDIO 1	
STUDIO 2	
GROUP CYCLE	
POOL	



THURSDAY - 17th December

9.30 - 10.30	Konga	Georgie
9.30 - 10.15	LBT	Tracy
10.15 - 10.45	Core Class	Tracy
11.00 - 11.45	Aqua	Stuart
11.00 - 11.45	Sh'bam	Natasha
11.00 - 12.00	Body Balance	Naledi
12.00 - 1.00	Active For Life	Stuart

FRIDAY - 18th December

9.30 - 10.15	Body Step	Shelley
9.30 - 10.30	Dance	Pauline
9.30 - 10.15	RPM	Tracy
10.30 - 11.15	Aqua	Sara
10.30 - 11.00	Core	Tracy
11.00 - 11.45	Body Pump	Shelley
11.00 - 12.00	Stretch	Pauline
12.30 - 1.30	Pilates	Lisa
1.30 - 2.45	Yoga	Clare
6.30 - 7.15	Sh'bam	Nancy

SATURDAY - 19th December

8.15 - 9.15	Step	Natasha
8.30 - 9.30	Body Balance	Lisa
9.15 - 10.00	Zumba	Natasha
9.30 - 10.15	Pilates	Lisa
9.30 - 10.15	RPM	Graham
10.15 - 11.00	Pilates	Lisa
12.15 - 1.00	Aqua	Sara
12.15 - 1.45	Tae Kwon-do	Tom
12.15 - 1.45	Yoga	Karen
5.00 - 5.45	Spin	Nancy

SUNDAY - 20th December

9.00 - 10.00	Pilates	Stuart
8.45 - 9.45	Body Pump	Emma
10.00 - 11.00	Body Balance	Emma
10.15 - 11.00	RPM	Angela
10.15 - 11.00	LBT	Stuart

♣♣ **MONDAY - 21st December**

9.30 - 10.30	Body Pump	Stephanie
9.30 - 10.00	HIIT	Tracy
9.45 - 10.30	RPM	Janine
10.00 - 10.30	Core	Tracy
10.45 - 11.45	Body Balance	Stephanie
11.00 - 12.30	Yoga	Sue
12.30 - 1.15	Body Conditioning	Zoë
6.30 - 7.15	RPM	Graham
6.45 - 7.30	Body Attack	Nancy
7.30 - 8.30	Body Pump	Colette
7.45 - 9.00	Yoga	Clare

♣♣ **TUESDAY - 22nd December**

6.15 - 7.00	RPM	Graham
9.30 - 10.30	Body Conditioning	Zoë
11.00 - 11.45	Aqua	Zoë
11.00 - 11.45	Body Step	Nancy
11.00 - 11.45	Konga	Georgia
6.30 - 7.30	Body Balance	Lisa
6.30 - 7.15	RPM	Chris
6.45 - 7.30	LBT	Sara
7.30 - 8.15	Pilates	Lisa
8.00 - 8.45	Aqua	Stuart

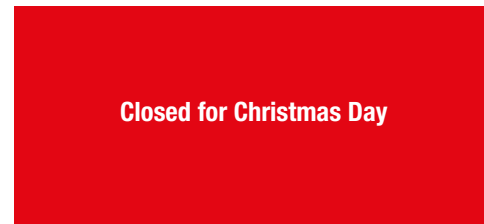
♣♣ **WEDNESDAY - 23rd December**

9.15 - 10.15	Pilates	Emma
9.30 - 10.15	Aerobics	Tina
9.30 - 10.15	Spin	Colette
10.15 - 10.45	Core	Tina
11.00 - 12.00	Body Pump	Colette
12.15 - 1.00	Pilates	Zoë
1.15 - 2.30	Yoga	Debs
6.30 - 7.15	LBT	Sara
7.15 - 8.15	Insanity	Lisa

♣♣ **THURSDAY - 24th December**

9.30 - 10.30	Konga	Georgie
9.30 - 10.15	LBT	Tracy
10.15 - 10.45	Core Class	Tracy
11.00 - 11.45	Aqua	Stuart
11.00 - 11.45	Christmas RPM	Tracy
11.00 - 11.45	Sh'bam	Nancy
11.00 - 12.00	Body Balance	Naledi
12.00 - 1.00	Active For Life	Stuart

♣♣ **FRIDAY - 25th December**



♣♣ **SATURDAY - 26th December**



♣♣ **SUNDAY - 27th December**

9.00 - 10.00	Pilates	Stuart
8.45 - 9.45	Body Pump	Emma
10.00 - 11.00	Body Balance	Emma
10.15 - 11.00	RPM	Tracy
10.15 - 11.00	LBT	Stuart

♣♣ **MONDAY - 28th December**

9.30 - 10.30	Body Pump	Stephanie
9.45 - 10.30	RPM	Janine
10.45 - 11.45	Body Balance	Stephanie
11.00 - 12.30	Yoga	Sue
12.30 - 1.15	Body Conditioning	Zoë
6.30 - 7.15	RPM	Graham
6.45 - 7.30	Body Attack	Nancy

♣♣ **TUESDAY - 29th December**

6.15 - 7.00	RPM	Graham
9.30 - 10.30	Body Conditioning	Zoë
11.00 - 11.45	Aqua	Zoë
11.00 - 11.45	Body Step	Nancy
11.00 - 11.45	Konga	Georgia
6.30 - 7.30	Body Balance	Lisa
6.30 - 7.15	RPM	Chris
6.45 - 7.30	LBT	Sara
7.30 - 8.15	Pilates	Lisa

♣♣ **WEDNESDAY - 30th December**

9.15 - 10.15	Pilates	Emma
9.30 - 10.15	Aerobics	Tina
9.30 - 10.15	Spin	Colette
10.15 - 10.45	Core	Tina
11.00 - 12.00	Body Pump	Colette
12.15 - 1.00	Pilates	Zoë
1.15 - 2.30	Yoga	Debs
6.30 - 7.15	LBT	Sara
7.15 - 8.15	Insanity	Lisa

♣♣ **THURSDAY - 31st December**

9.30 - 10.30	Konga	Georgie
9.30 - 10.15	LBT	Tracy
10.15 - 10.45	Core Class	Tracy
11.00 - 11.45	Aqua	Stuart
11.00 - 11.45	Sh'bam	Nancy
11.00 - 12.00	Body Balance	Naledi
12.00 - 1.00	Active For Life	Stuart

♣♣ **FRIDAY - 1st January**



♣♣ **SATURDAY - 2nd January**

8.15 - 9.15	Step	Natasha
8.30 - 9.30	Body Balance	Lisa
9.15 - 10.00	Zumba	Natasha
9.30 - 10.15	Pilates	Lisa
9.30 - 10.15	RPM	Jenny
10.15 - 11.00	Pilates	Lisa
12.15 - 1.00	Aqua	Sara
12.15 - 1.45	Tae Kwon-do	Tom
12.15 - 1.45	Yoga	Karen
5.00 - 5.45	Spin	Nancy

♣♣ **SUNDAY - 3rd January**

9.00 - 10.00	Pilates	Stuart
8.45 - 9.45	Body Pump	Emma
10.00 - 11.00	Body Balance	Emma
10.15 - 11.00	RPM	Angela
10.15 - 11.00	LBT	Stuart

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