



MONDAY

9.30 - 10.00	Zumba	Deby
9.45 - 10.30	RPM	Janine
10.15 - 11.00	Yoga	Terry
11.15 - 12.00	LBT NEW	Sara
11.30 - 12.15	Pilates NEW	Zoe
12.30 - 1.15	Pilates NEW TIME	Zoë
6.00 - 6.45	Body Attack	Nancy
6.30 - 7.15	RPM NEW TIME	Graham
7.15 - 8.00	Body Pump	Nancy
7.15 - 8.00	Yoga	Clare

TUESDAY

9.15 - 10.00	Body Pump	Shelley
9.30 - 10.15	Pilates NEW	Paula
9.45 - 10.30	RPM	Tracy
10.30 - 11.15	Circuits	Bran
10.30 - 11.15	Pilates	Paula
7.15 - 8.00	RPM	Bran
7.15 - 8.00	Balance	Shelly

WEDNESDAY

9.15 - 10.00	Pilates	Virginie
9.45 - 10.30	RPM	Chris
9.30 - 10.15	Aerobics	Tina
10.30 - 11.00	Core NEW	Tina
11.30 - 12.15	Pilates NEW	Barbara
12.30 - 1.15	Pilates NEW	Barbara
6.00 - 6.45	LBT	Sara
6.00 - 6.45	Yoga	Terry
7.15 - 8.00	Konga	Georgia

THURSDAY

9.15 - 10.00	LBT	Tracy
9.45 - 10.30	RPM	Bran
9.30 - 10.15	Pilates	Stuart
10.30 - 11.15	Active for Life	Stuart
6.00 - 6.45	Body Step	Nancy
7.15 - 8.00	Body Attack	Nancy
7.15 - 8.00	Yoga NEW	Lyndsay

FRIDAY

9.15 - 10.00	Dance	Pauline
9.30 - 10.15	Body Step	Shelley
9.45 - 10.30	RPM	Tracy
10.30 - 11.15	Stretch	Pauline
10.45 - 11.30	Body Pump	Shelley
6.30 - 7.15	Sh'bam	Nancy

SATURDAY

9.15 - 10.00	Zumba	Deby
9.15 - 10.00	RPM NEW	Graham
9.30 - 10.15	Body Balance NEW	Caroline
10.15 - 11.00	RPM NEW TIME	Graham
10.30 - 11.15	Body Balance	Caroline
10.30 - 11.15	Body Conditioning	Sara
12.15 - 1.00	Yoga	Karen
1.15 - 2.00	Yoga NEW TIME	Karen

SUNDAY

9.15 - 10.00	Hiit/core NEW	Harriet
9.15 - 10.00	Yoga	Terry
10.15 - 11.00	RPM	Harriet
10.30 - 11.15	Pilates	Emma

STUDIO 1 STUDIO 2 GROUP CYCLE



Fair Play Booking System

To ensure that all members get a fair and equal chance of enjoying their preferred activity and time, the Club has a fair play booking system.

Now that the Club is operating on pre-booked sessions only, this has been extended to all activities.

General Bookings

- Members may pre-book a total of up to three activities, 6 days in advance for each calendar week (Monday to Sunday).
- Unlimited bookings may be made up to 2 days in advance.
- Guest bookings may only be made 2 days in advance
- Cancellations to be made as soon as possible but no later than 2 hours before start time.

Studio Classes

- Members must check-in for classes no later than 5 minutes before the start time. Otherwise this may be counted as a no-show and any members on reserve given that place.

Gym/Swim/Tennis

- Members must check-in no later than 10 minutes after the booked start time. Otherwise this may be counted as a no-show and any members on reserve given that place.

Booking Privileges

- By popular request, booking privileges may be removed for repeated no shows or exceeding the booking limits.

Thank you for your cooperation and understanding

The Pavilion Team