



GROUP FITNESS TIMETABLE - DECEMBER 2020

MONDAY

9.30 - 10.15	Zumba	Deby
9.45 - 10.30	RPM	Janine
10.15 - 11.00	Yoga	Terry
11.15 - 12.00	LBT	Tracy
11.30 - 12.15	Pilates	Zoe
12.30 - 1.15	Pilates	Zoë
6.15 - 7.00	Body Attack	Nancy
6.15 - 7.00	Yoga	NEW Clare
6.30 - 7.15	RPM	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	Paula
9.45 - 10.30	RPM	Tracy
10.30 - 11.15	Circuits	Bran
10.30 - 11.15	Pilates	Paula
12.00 - 12.45	Body Balance	NEW Shelley
12.15 - 1.00	Body Step	NEW Nancy
7.15 - 8.00	RPM	Bran
7.15 - 8.00	Body Balance	Shelly

WEDNESDAY

9.15 - 10.00	Pilates	Virginie
9.45 - 10.30	Spin	Colette
9.30 - 10.15	Aerobics	Tina
10.30 - 11.00	Core	Tina
11.15 - 12.00	Body Conditioning	NEW Shelly
11.30 - 12.15	Pilates	Barbara
12.30 - 1.15	Pilates	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	Sara
9.45 - 10.30	RPM	Bran
9.30 - 10.15	Pilates	Stuart
10.30 - 11.15	Active for Life	Stuart
10.30 - 11.15	Body Balance	NEW Zoe
11.30 - 12.15	Pilates	NEW Zoe
6.15 - 7.00	Body Step	Nancy
7.15 - 8.00	Body Attack	Nancy
7.15 - 8.00	Yoga	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
12.00 - 12.45	Body Balance	NEW Shelley
6.30 - 7.15	Sh'bam	Nancy

SATURDAY

9.15 - 10.00	Zumba	Deby
9.15 - 10.00	RPM	Graham
9.30 - 10.15	Body Balance	Caroline
10.15 - 11.00	RPM	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	Karen

SUNDAY

9.15 - 10.00	Hiit/core	Harriet
9.15 - 10.00	Yoga	Terry
10.15 - 11.00	RPM	Harriet
10.30 - 11.15	Pilates	Emma
11.30 - 12.15	Body Pump	NEW Emma

STUDIO 1 STUDIO 2 GROUP CYCLE

Telephone: **0208 979 2800** for bookings, cancellations and queries: www.pavilionclub.co.uk

Pavilion Club



GROUP EXERCISE VIRTUAL STUDIO TIMETABLE - DECEMBER 2020

MONDAY

11.00 - 11.50	Virtual RPM	
12.30 - 1.00	Virtual SPRINT	
4.30 - 5.20	Virtual RPM	

TUESDAY

7.00 - 7.30	Virtual SPRINT	
8.00 - 8.30	Virtual RPM	
11.00 - 11.50	Virtual RPM	
12.30 - 1.00	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.00 - 6.30	Virtual RPM	

WEDNESDAY

12.00 - 12.30	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.00 - 6.50	Virtual RPM	

THURSDAY

7.00 - 7.30	Virtual SPRINT	
8.00 - 8.30	Virtual RPM	
11.00 - 11.30	Virtual SPRINT	
5.00 - 5.30	Virtual SPRINT	
6.30 - 7.00	Virtual RPM	
7.30 - 8.20	Virtual RPM	

FRIDAY

11.30 - 12.00	Virtual SPRINT	
6.00 - 6.50	Virtual RPM	

SATURDAY

12.00 - 12.30	Virtual SPRINT	
1.00 - 1.30	Virtual SPRINT	

SUNDAY

12.00 - 12.50	Virtual RPM	
1.30 - 2.00	Virtual SPRINT	