



# GROUP FITNESS TIMETABLE - JULY 2021

## MONDAY

9.30 - 10.15	Zumba	Deby
9.30 - 10.15	RPM	Tracy
10.15 - 11.00	Yoga	Terry
10.30 - 11.15	LBT	Tracy
11.30 - 12.00	Core	Tracy
11.30 - 12.15	Pilates	Zoë
12.30 - 1.15	Pilates	Zoë
6.15 - 7.00	Body Attack	Nancy
6.15 - 7.00	Yoga	Clare
6.30 - 7.15	RPM	Graham
7.15 - 8.00	Body Pump	Nancy

## TUESDAY

7.00 - 7.45	Yoga	Sue
9.15 - 10.00	Body Pump	Shelley
9.30 - 10.15	Pilates	Paula
9.45 - 10.30	RPM	Tracy
10.30 - 11.15	Body Step	Nancy
10.30 - 11.15	Pilates	Paula
12.00 - 12.45	Body Balance	Shelley
6.15 - 7.00	LBT	Sara
6.30 - 7.15	RPM	Bran
7.15 - 8.00	Body Balance	Shelly
7.15 - 8.00	Konga	Georgia
7.45 - 8.30	Aqua	Sara

## WEDNESDAY

9.15 - 10.00	Pilates	Virginie
9.45 - 10.30	RPM	Harriet
9.30 - 10.15	Aerobics	Tina
10.30 - 11.00	Core	Tina
11.15 - 12.00	Body Conditioning	Shelly
11.30 - 12.15	Pilates	Barbara
12.30 - 1.15	Pilates	Barbara
6.00 - 6.45	Yoga	Terry
6.30 - 7.15	HIIT	Bran
7.30 - 8.15	Strength Training	Bran

STUDIO 1 STUDIO 2   
 GROUP CYCLE POOL

## THURSDAY

9.15 - 10.00	LBT	Sara
9.15 - 10.00	Pilates	Stuart
9.45 - 10.30	RPM	Gaynor
10.00 - 10.45	Active for Life	Stuart
10.45 - 11.30	Body Pump	Gaynor
11.00 - 11.45	Aqua	Stuart
11.45 - 12.00	Pilates	Paula
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	Spin	Colette
10.30 - 11.15	Aqua	Sara
10.30 - 11.15	Stretch	Pauline
10.45 - 11.30	Body Pump	Shelley
12.00 - 12.45	Body Balance	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
12.15 - 1.00	Aqua	Sara
1.15 - 2.00	Yoga	Karen
5.00 - 5.45	Spin	Nancy

## 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	Emma



## Studio Bookings

For each one-week period, running from **Monday to Sunday:**

- Members may book up to a maximum of **three classes, 6 days in advance.**
- Unlimited bookings can be made from two days in advance.
- No advance back-to-back bookings, these can only be made if there is space available on the day.

Members must check-in at least 5 minutes before the class begins, or their place may be re-allocated.

## Swim Bookings

For each one-week period, running from **Monday to Sunday:**

- Members may book up to a maximum of **three sessions, 6 days in advance.**
- Unlimited bookings can be made from 2 days in advance.
- No advance back-to-back bookings, these can only be made if there is space available on the day.

Members must check-in no later than 10 minutes after the session begins, or their place may be re-allocated.

## Tennis Bookings

- Bookings can be made up to **6 days in advance.**
- No advance back-to-back bookings, these can only be made if there is space available on the day.
- Members must check-in no later than 10 minutes after the session begins, or their place may be re-allocated.

Please consider fellow Members when booking prime times.

## Gym Bookings

Gym bookings are no longer required. If the numbers in the gym do hit capacity you may be asked to wait for a shorth while

## Cancellations

All bookings which cannot be attended must be cancelled at the earliest opportunity.

Thank you for your cooperation and understanding

**The Pavilion Team**