



GROUP FITNESS TIMETABLE - JANUARY 2022

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 - 7.15	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
9.30 - 10.15	RPM	Tracy
10.30 - 11.15	Body Step	Nancy
10.30 - 11.15	Aqua	Sara
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 - 8.15	Konga	Georgia
7.45 - 8.30	Aqua	Sara

WEDNESDAY

9.15 - 10.00	Pilates	Virginie
9.30 - 10.15	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 - 7.00	Yoga	Terry
6.30 - 7.15	HIIT	Bran
7.15 - 8.15	Dance Fit	Mark
7.30 - 8.15	Strength Training	Bran

STUDIO 1	STUDIO 2
GROUP CYCLE	POOL

THURSDAY

6.45 - 7.30	RPM	Chris
9.15 - 10.00	LBT	Sara
9.15 - 10.00	Pilates	Stuart
9.30 - 10.15	RPM	Chris
10.00 - 10.45	Active for Life	Stuart
10.45 - 11.30	Strength Training	Mark
11.00 - 11.45	Aqua	Stuart
11.45 - 12.30	Dance Fit	Mark
11.45 - 12.30	Pilates	Paula
6.15 - 7.00	Body Step	Nancy
7.15 - 8.00	Body Attack	Nancy
7.15 - 8.15	Yoga	Lyndsay

FRIDAY

9.15 - 10.15	Dance	Pauline
9.30 - 10.15	Body Step	Shelley
9.30 - 10.15	RPM	Nikki
10.30 - 11.15	Aqua	Sara
10.30 - 11.30	Stretch	Pauline
10.45 - 11.30	Body Pump	Shelley
12.00 - 12.45	Body Balance	Shelley
1.45 - 2.45	Yoga	Claire
6.30 - 7.15	Sh'bam	Nancy

SATURDAY

8.15 - 9.00	Step & Conditioning	Zoë NEW - from 15 th Jan
9.15 - 10.15	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
12.00 - 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 - 10.15	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