



GROUP FITNESS TIMETABLE - JANUARY 2024

MONDAY

9.30 - 10.15	Zumba	STUDIO 1	Christina
9.30 - 10.15	RPM	STUDIO 2	Tracy
10.15 - 11.00	Yoga	STUDIO 2	Terry
10.30 - 11.15	LBT	STUDIO 1	Tracy
11.15 - 11.45	Core	STUDIO 1	Tracy
11.30 - 12.15	Pilates	STUDIO 2	Jo-Ann
12.30 - 1.15	Pilates	STUDIO 2	Jo-Ann
6.15 - 7.00	Body Attack	STUDIO 1	Nancy
6.15 - 7.15	Yoga	STUDIO 2	Clare
6.30 - 7.15	RPM	STUDIO 2	Graham
7.15 - 8.00	Body Pump	STUDIO 1	Nancy
7.30 - 8.15	Pilates	NEW TIME	Jo-Ann

TUESDAY

7.00 - 7.45	Yoga	STUDIO 2	Sue
9.15 - 10.00	Body Pump	STUDIO 1	Shelley
9.30 - 10.15	Pilates	STUDIO 2	Paula
10.30 - 11.15	Body Step	STUDIO 1	Nancy
10.30 - 11.15	Aqua	POOL	Sara
10.30 - 11.15	Pilates	STUDIO 2	Paula
11.30 - 12.15	Dance	STUDIO 1	Svetlana
12.00 - 12.45	Body Balance	STUDIO 2	Shelley
6.15 - 7.00	Meditation	STUDIO 2	Lyndsay
6.30 - 7.15	LBT	STUDIO 1	Sara
6.30 - 7.15	RPM	STUDIO 2	Bran
7.15 - 8.00	Pilates	STUDIO 2	Yana
7.30 - 8.15	Body Pump	STUDIO 1	Hazel
7.30 - 8.15	Aqua	POOL	Sara

WEDNESDAY

9.15 - 10.00	Pilates	STUDIO 2	Virginie
9.30 - 10.15	RPM	STUDIO 2	Harriet
9.30 - 10.15	Body Conditioning	STUDIO 1	Shelley
10.15 - 11.15	Zumba	STUDIO 2	Tania
10.15 - 10.45	Core	STUDIO 1	Shelley
11.00 - 11.45	Aerobics	STUDIO 1	Zoë
11.30 - 12.15	Pilates	STUDIO 2	Barbara
12.30 - 1.15	Pilates	STUDIO 2	Barbara
6.00 - 7.00	Yoga	STUDIO 2	Terry
6.30 - 7.15	HIIT	STUDIO 1	Bran
7.15 - 8.00	Zumba	STUDIO 2	Zoë
7.30 - 8.15	Strength Training	STUDIO 1	Bran

STUDIO 1 STUDIO 2
 Group Cycle POOL

THURSDAY

9.15 - 10.00	LBT	STUDIO 1	Sara
9.15 - 10.00	Pilates	STUDIO 2	Virginie
9.30 - 10.15	RPM	STUDIO 2	Tracy
10.15 - 11.00	Active for Life	NEW TIME	Hazel
10.30 - 11.30	Strength Training	STUDIO 1	Mark
10.50 - 11.35	Aqua	POOL	Sara
11.15 - 12.00	Body Balance	NEW TIME	Hazel
11.45 - 12.30	Aqua	POOL	Sara
11.45 - 12.30	Dance Fit	STUDIO 1	Mark
1.00 - 1.45	Yoga	NEW	Lyndsay
6.15 - 7.00	Meditation	STUDIO 2	Lyndsay
6.15 - 7.00	Body Step	STUDIO 1	Nancy
7.15 - 8.00	Body Attack	STUDIO 1	Nancy
7.15 - 8.15	Yoga	STUDIO 2	Lyndsay

FRIDAY

9.15 - 10.15	Dance	STUDIO 2	Pauline
9.30 - 10.15	Body Step	STUDIO 1	Shelley
9.30 - 10.15	RPM	STUDIO 2	Nikki/Graham
10.30 - 11.15	Aqua	POOL	Tracy
10.30 - 11.30	Stretch	STUDIO 2	Pauline
10.45 - 11.30	Body Pump	STUDIO 1	Shelley
12.00 - 12.45	Body Balance	STUDIO 2	Shelley
12.00 - 12.45	Zumba	STUDIO 1	Mara
1.45 - 2.45	Yoga	STUDIO 2	Claire
6.30 - 7.15	Sh'bam	STUDIO 1	Nancy

SATURDAY

8.15 - 9.00	Step & Conditioning	STUDIO 1	Zoë
8.30 - 9.15	Yoga	STUDIO 2	Caroline
9.15 - 10.15	Zumba	STUDIO 1	Zoë
9.15 - 10.00	RPM	STUDIO 2	Graham
9.30 - 10.15	Body Balance	STUDIO 2	Caroline
10.15 - 11.00	RPM	STUDIO 2	Graham
10.30 - 11.15	Pilates	STUDIO 2	Yana
10.30 - 11.15	Body Conditioning	STUDIO 1	Sara
12.00 - 1.00	Yoga	STUDIO 2	Karen
12.15 - 1.00	Aqua	POOL	Sara
1.15 - 2.00	Yoga	STUDIO 2	Karen
5.00 - 5.45	Spin	STUDIO 2	Nancy

SUNDAY

9.15 - 10.00	Hiit/core	STUDIO 1	Harriet
9.15 - 10.15	Yoga	STUDIO 2	Terry
10.15 - 11.00	RPM	STUDIO 2	Harriet
10.30 - 11.15	Mediative Balance	STUDIO 2	Terry
10.45 - 11.30	Body Pump	STUDIO 1	Mike



Our group fitness classes are as popular as ever, currently we have 74 classes a week with over 1,400 places. Whilst we get so much good feedback, the frustration we hear from our members is not being able to get into their favourite class.

That is why we put in place the 'Fair Play' Policy to give everyone a fair chance. However recently it has been clear that another huge frustration is members who book but 'no show'. We have therefore revised our 'fair play' policy to reflect this, as follows:

Booking

- **For each one-week period from Monday to Sunday.**

Members may only book 6 days in advance a maximum of three classes. Unlimited bookings may be made 2 days in advance.

- Where back to back identical classes are programmed, only one class (not both) can be booked in advance (except on the day of the class)
- Bookings are only valid up to five minutes before the class start time. Otherwise, places may be allocated to those on reserve.
- Please ensure the circle appears on your phone if checking in with the Fitsense App. When using the membership card always check with the receptionist that your visit has registered.

Cancellations and no shows

- **The cancellation notice period is now four hours.** We know there will be exceptions but, in most circumstances, this is a reasonable time frame. It also allows those on reserve lists time to attend.
- **This cancellation policy applies to names on the waiting list too.** If you are on reserve and you know you are not going to make it, you must cancel at least four hours before the class.
- Once the four-hour period has elapsed, you will no longer be able to cancel your class on the Fitsense App. You are still required to call the Club in order that we can update the waiting list.

Penalties

Initially we will be notifying people to make sure that they understand the system and of course we don't want to impose penalties. However booking privileges may be revoked for a period if a member does not follow the fair play guide.

Thank you for your feedback and we hope this will allow the maximum number of members to enjoy more classes.

The Pavilion Team