

Class Timetable 2024

MONDAY

06:30-07:00	Core Blast	Fitness	11:00-12:00	Complete Beginners Tennis (6-weeks) *	Jorg
08:00-09:00	Zumba	Judy	11:00-11:45	Poolates	Anita
08:30-09:00	Express Spin	Virtual	11:15-12:15	Yogalates #	Amy
09:00-10:00	Tennis Express*	Jorg	11:30-12:15	LBT #	Fitness
09:15-10:00	Fitness Pilates #	Ligita	12:30-13:30	Yoga #	Amy
09:30-10:15	Spa HIIT	Fitness	18:00-18:30	Bootcamp	Fitness
10:00-11:00	Pilates #	Ligita	18:45-19:15	Group Cycle	Fitness
10:00-11:00	Cardio Tennis *	Jorg			
10:15-11:00	Aqua Zumba	Anita			

TUESDAY

06:30-07:00	TRX	Fitness	14:30-15:30	Iyengar Yoga #	Jenny
08:30-09:15	Group Cycle	Abi	15:45-16:45	Tai Chi #	John
08:45-09:30	Pose Barre #	Gemma	13.30-14.00	Rope Battle Blast	Fitness
10:00-11:00	Zumba #	Feliz	16.50-17:35	Yogalates #	Amy
10:00-10:45	Aqua Gym	Abi	18.00-18:30	HIIT	Fitness
10.30-10:15	Body Conditioning	Fitness	18.00-18.30	Pose Barre #	Sarah
11:00-11:30	Qi Gong #	Paul	18:30-19:45	Get Strong	Abi
11.30-12.30	Tai Chi #	Paul			
13.30-14.00	Battle Ropes	Fitness			

WEDNESDAY

06:30-07:00	Battle Rope Blast	Fitness	11:30-12:15	Body Conditioning	Abi
08:30-09:00	Group Cycle	Virtual	11:45-12:45	Pilates #	Karen
09:30-10:00	HIIT	Fitness	12:45-13:45	Pilates #	Karen
09:30-10:30	Ashtanga Yoga #	Gemma	17:30-18.00	Full Body Stretch	Fitness
10:30-11:15	Body Conditioning	Abi	18:15-19:00	Fitness Racing	Fitness
10:35-11:20	Pose Barre #	Gemma	18:15-19:00	Group Cycle	Virtual
			19:00-20:00	Yin Yoga #	Gemma

THURSDAY

06:30-07:00	Core Blast	Fitness	13:00-14:00	Beginners Yoga #	Gemma
08:30-09:00	HIIT	Fitness	13:30-14:00	TRX	Fitness
09:15-10:00	Pose Barre #	Gemma	15.00-16.00	Iyengar Yoga #	Jenny
09:30-10:15	Body Pump	Abi	16:00-16:45	Group Cycle	Virtual
09:45-10:30	Aqua Gym	Fitness	17:45-18:30	Fitness Pilates #	Ligita
10:00-11:00	Pilates #	Fitness	18:00-18:30	Body Conditioning	Fitness
10:30-11:15	Body Pump	Abi	18:30-19:45	Get Strong	Abi
11:15-12:15	Vinyasa Yoga #	Gemma	18.45-19.45	Pilates #	Ligita
12:15-13:00	Yoga #	Gemma			

FRIDAY

06:30-07:00	HIIT	Fitness	11:30-12:30	Tai Chi #	John
08:00-09:00	Step Aerobics #	Judy	11:45-12:30	Aqua Gym	Anita
08:30-09:00	Express Spin	Abi	12:30-13:15	Poolates	Anita
09:00-10:00	Zumba #	Judy	12:00-13:00	Improvers Tennis *	Jorg
09:30-10:15	Body Conditioning	Abi	12:45-13:30	Pilates #	Rebecca
10:00-11:00	Rusty Rackets (Tennis)*	Jorg	13:30-14:15	Pilates #	Rebecca
10:15-11:15	Pilates	Judy	16:15-16:45	Group Cycle	Virtual
10:30-11:15	Body Conditioning	Abi	18:00-18:30	Metabolic Conditioning	Fitness
11:00-12:00	Rusty Rackets (Tennis)*	Jorg	18:00-19:00	Relax and unwind #	Gemma

Saturday

08:00-08:30	Group cycle	Fitness	08.00-08:45	Group Cycle	Virtual
09:00-09:30	HIIT	Fitness	10:00-10:45	Boxfit	Fitness
09:30-10:30	Vinyasa Yoga #	Gemma	11:00-11:45	Bootcamp	Fitness
10:30-11:15	Body Conditioning	Fitness	12:15-13:15	Vinyasa Yoga #	Amy
10:45-11:45	Yogalates #	Gemma	13.30-14.15	Yogalates #	Amy
11:30-12:15	Get Strong	Abi	16:00-16.30	Bootcamp	Fitness
12:00-13:00	Sports Yoga #	Gemma			
12:00-13:00	Rusty Racquet *	Jorg			
13:00-14:00	Improvers tennis *	Jorg			
14:15-14:45	Kettlebells	Fitness			
15:00-15:30	Group Cycle	Virtual			
16:30-17:15	Spa HIIT	Fitness			

Little Lodgers Splash Times
08:00 – 09:30 & 16:00 – 17:30
Daily