

## RIVER CLUB TIMETABLE - From Monday 6<sup>th</sup> September onwards

MONDAY		Book from Thursday
08.30-09.15	Kettlebell Fitness	Cheryl
09.00-09.45	Aqua Aerobics	Gina
09.30-10.15	Kettlebell Fitness	Cheryl
09.45-10.30	Aqua Aerobics	Gina
10.30-11.15	Low Fu Fitness	Karen
17.15-18.00	Dance to be Fit	Michelle
18.15-19.00	Dance to be Fit	Michelle
19.15-20.00	TS - Body Conditioning	Lauren
20.15-21.00	Pilates	Susanne

TUESDAY		Book from Friday
06.45-07.30	Spin	Cheryl
09.30-10.15	Zumba	Michelle
10.30-11.25	Tai Chi	Noel
18.15-19.00	Aerolatino	Jeff
19.15-20.00	Spin	Karen
19.15-20.00	Body Pump	Simon
19.15-20.00	Aqua Aerobics	Cheryl
20.15-21.15	Yoga	Georgie

WEDNESDAY		Book from Saturday
08.15-09.00	Pilates	Pat
09.00-09.45	Aqua Aerobics	Michelle
09.15-10.15	Yoga	Laura
09.45-10.30	Aqua Aerobics	Michelle
10.30-11.15	Aerolatino	Jeff
11.30-12.15	Pilates	Theresa
18.15-19.00	Dance Fitness	Gina
19.15-20.00	Low Fu Fitness	Karen
20.15-21.00	Pilates	Alla

THURSDAY		Book from Sunday
06.45-07.30	Spin	Kavita
09.30-10.15	Body Pump	Caroline
10.30-11.15	Pilates	Alla
11.30-12.15	Pilates	Alla
18.15-19.00	Pound Rockout Workout	Cheryl
19.15-20.00	Body Pump	Vitas
19.15-20.00	Spin	Cheryl
19.30-20.15	Aqua Aerobics	Susanne
20.15-21.15	Yoga	Shira

FRIDAY		Book from Monday
06.45-07.30	Kettlebell Fitness	Cheryl
08.15-09.00	Aqua Aerobics	Cheryl
09.00-09.45	Aqua Aerobics	Cheryl
09.30-10.15	Pilates	Stephanie
09.45-10.30	Aqua Aerobics	Cheryl
10.30-11.15	Floor Barre	Stephanie
11.30-12.30	Tai Chi	Kai

SATURDAY		Book from Tuesday
08.05-09.00	Pilates	Anna
08.15-09.00	Aqua Aerobics	Amanda
09.00-09.45	Aqua Aerobics	Amanda
09.15-10.15	Body Pump	Lisette
09.30-10.15	Spin	Cheryl
10.30-11.15	HIIT/Kettlebell Fit	Cheryl

SUNDAY		Book from Wednesday
08.15-09.00	Aqua Aerobics	Mariya
08.30-09.15	Pilates	Stephanie
09.00-09.45	Aqua Aerobics	Mariya
09.30-10.30	Yoga	Georgie
10.40-11.40	Yoga	Georgie

 = New class

## CLASS BOOKINGS & RULES

We ask that you book at maximum of 3 aqua classes in any one week, unless there is space on the day. If you are on the 2nd aqua class, you must be poolside before the first class finishes, 9.45am weekdays & 9am weekends.

Any equipment/mats that are used are to be cleaned before & after use by the member. Members are encouraged to bring their own equipment, such as mats.

As a courtesy to other members, we would ask that you please do not book more than 1 class in any one day. If there is space on the day you are more than welcome to attend additional classes.

Founder members can only use their booking privileges 3 times a week.

Bookings can only be made 5 days in advance. You will not be able to join the class if you are late.

To book classes please call:

- after 8am for morning classes
- After 1pm for evening classes
- After 8.30am for aqua classes

We will try to accommodate where possible to get you in to a class later in the week if your chosen class is full. If weather permits some classes may be held outside to allow more participants.

Unable to attend a booked class: please cancel 24 hours before the class is due to start. We are then able to offer the place to another member.

If you do not show up to a class or cancel with less than 2 hours advance notice a “no show” or “late cancellation” strike will apply.

3 late classes, cancellations or no-show strikes in any 30 day period will result in the loss of advanced booking rights for 7 days.

Our timetable is subject to change at any time due to the current situation. Any class with less than 40% attendance will also be at risk of being removed or replaced with an alternative class.

Pilates: if you are new to Pilates classes, we require you to attend a session with our Pilates practitioner before taking part in our timetabled classes. Further details can be obtained from reception. Please note: this is at an extra cost of 45.00 to be paid to the instructor.