

THE RIVER CLUB CLASS TIMETABLE

MONDAY			
Time	Class	Instructor	Studio
08.15-09.15	Body Pump	Claire B	Studio 1
09.00-09.40	Aqua Aerobics	Dorota	Pool
09.30-10.15	Spin	Kavita	Cycle
09.30-10.15	New Body	Gina	Studio 1
09.45-10.25	Aqua Aerobics	Dorota	Pool
10.30-11.10	Aqua Aerobics	Dorota	Pool
10.20-11.05	Low Fu Fitness	Karen	Studio 1
10.45-12.00	Vinyasa Flow Yoga	Pamela	Holistic
11.10-12.00	Zumba	Gina	Studio 1
18.15-19.00	Body Combat	Lauren	Studio 1
18.30-19.00	AB Blast From 2/12/19	Gym Team	Holistic
18.30-19.30	4 wk Pilates Course	Claire B	Holistic
19.05-20.00	Aerolatino	Jeff	Studio 1
19.15-20.00	Spin	Stephanie	Cycle
19.30-20.30	4 wk Pilates Course	Claire B	Holistic
20.05-21.00	Pilates	Susanne	Studio 1
TUESDAY			
Time	Class	Instructor	Studio
06.40-07.15	Spin	Cheryl	Cycle
09.30-10.25	Body Blitz	Cheryl	Studio 1
10.30-11.25	Zumba	Nikki	Studio 1
10.00-10.45	AOB Conditioning	Linda	Holistic
11.30-12.25	Tai Chi	Jean	Studio 1
18.15-19.00	Body Balance	Claire B	Holistic
18.15-19.00	Rumba Latino	Tori	Studio 1
19.05-20.00	Body Pump	Claire B	Studio 1
19.15-20.00	Spin	Cheryl	Cycle
19.15-20.30	Hatha/Vinyasa Yoga	Georgie	Holistic
20.05-21.00	Boxercise	Jez	Studio 1
WEDNESDAY			
Time	Class	Instructor	Studio
08.45-09.25	Aqua	Cheryl	Pool
09.00-10.15	Restorative Yoga	Della	Studio 1
09.30-10.10	Aqua Aerobics	Nikki	Pool
09.30-10.00	AB Blast	Cheryl	Holistic
10.15-10.55	Aqua Aerobics	Nikki	Pool
10.15-11.10	Aerolatino	Jeff	Studio 1
10.15-11.00	Spin	Keiron	Cycle
10.30-11.25	Barre Concept from 20/11/19	Della	Holistic
11.15-12.10	Pilates	Theresa	Studio 1
12.15-13.10	Pilates	Theresa	Studio 1
18.15-19.00	Dance Fitness	Gina	Studio 1
18.30-19.00	AOB Conditioning	Gym Team	Holistic
19.05-19.55	Low Fu Fitness	Karen	Studio 1
19.15-20.00	Aqua Aerobics	Gina	Pool
20.00-20.55	Pilates	Alla	Studio 1

THURSDAY			
Time	Class	Instructor	Studio
06.40-07.15	Body Combat	Daren	Studio 1
09.20-10.10	Body Pump	Caroline	Studio 1
09.30-10.45	Hatha Yoga	Alex	Holistic
10.15-11.05	Body Combat	Caroline	Studio 1
11.15-12.10	Pilates	Chloe	Studio 1
12.15-13.10	Pilates	Chloe	Studio 1
18.15-19.00	Body Balance	Pat	Holistic
18.30-19.00	Circuit Fitness	Gym Team	Studio 1
19.05-19.55	Body Pump	Toni	Studio 1
19.15-20.00	Spin	Cheryl	Cycle
19.30-20.15	Aqua Aerobics	Susanne	Pool
19.30-20.15	Barre Concept	Stephanie	Holistic
20.00-21.15	Vinyasa/Restorative	Shira	Studio 1
FRIDAY			
Time	Class	Instructor	Studio
06.40-07.15	HIIT	Cheryl	Studio 1
07.25-08.20	Pilates	Pat	Holistic
08.25-09.20	Pilates	Pat	Studio 1
08.45-09.25	Aqua Aerobics	Chloe	Pool
09.25-10.20	Pilates	Pat	Studio 1
9.30-10.10	Aqua Aerobics	Chloe	Pool
09.45-11.00	Hatha Yoga	Ami	Holistic
10.15-11.00	Aqua Aerobics	Jack	Pool
10.25-11.20	Pilates	Pat	Studio 1
11.25-12.20	Body Balance	Pat	Holistic
SATURDAY			
Time	Class	Instructor	Studio
08.10-08.40	Spin	Daren	Cycle
08.45-09.30	Aqua Aerobics	Amanda	Pool
09.30-10.15	Aqua Aerobics	Amanda	Pool
08.45-09.40	Body Combat	Daren	Studio 1
09.45-10.35	Spin	Cheryl	Cycle
09.45-10.40	Body Pump	Daren	Studio 1
10.45-11.35	HIIT	Cheryl	Studio 1
SUNDAY			
Time	Class	Instructor	Studio
08.05-09.00	Pilates	Stephanie	Studio 1
09.05-10.20	Hatha Yoga	Julia	Holistic
10.30-11.45	Hatha Yoga	Julia	Holistic
16.00-16.45	Aqua Aerobics	Cheryl	Pool
16.45-17.30	Aqua Aerobics	Cheryl	Pool
MON & WED			
10-00 10.20	GYM TEAM FITNESS		Main Building

FROM 4th NOVEMBER 2019

AS A COURTESY TO OTHER MEMBERS WE WOULD ASK THAT YOU PLEASE DO NOT BOOK MORE THAN 2 DOWNSTAIRS STUDIO CLASSES IN ANY ONE DAY. IF THERE IS ANY SPACE ON THE DAY YOU ARE MORE THAN WELCOME TO ATTEND THE CLASS.

LATE ARRIVALS: PLEASE ENSURE YOU ARE AT THE CLUB READY FOR YOUR CLASS 5 MINUTES BEFORE THE CLASS IS DUE TO START. IF YOU ARE NOT THERE YOUR BOOKING MAY BE INVALID AND WE WILL GIVE YOUR SPACE TO SOMEONE ELSE. YOU WILL NOT BE ABLE TO JOIN THE CLASS IF YOU HAVE MISSED THE WARM UP

CLASS BOOKINGS:
MORNING CLASSES: CAN BE BOOKED
FROM 8am, 5 DAYS IN ADVANCE
AFTERNOON CLASSES (Starting after 2pm) CAN BE
BOOKED FROM 1pm, 5 DAYS IN ADVANCE

FOR A TRIAL PERIOD WE WOULD ASK THAT ALL MORNING AQUA AEROBIC CLASSES ARE TO BE BOOKED AFTER 8.30am

UNABLE TO ATTEND A BOOKED CLASS: PLEASE LET US KNOW 24 HOURS BEFORE CLASS IS DUE TO START. WE ARE THEN ABLE TO OFFER THE PLACE TO ANOTHER MEMBER. FAILURE TO DO SO WILL RESULT IN YOUR BOOKING PRIVILEGES BEING REVOKED FOR ONE MONTH.

*****BARRE CONCEPT WITH DELLA WILL START 20/11/2019
****GYM TEAM AB BLAST WILL START 2/12/2019

PILATES: IF YOU ARE NEW TO PILATES CLASSES, WE REQUIRE YOU TO ATTEND A SESSION WITH OUR PILATES PRACTITIONER BEFORE TAKING PART IN OUR TIMETABLE 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

PILATES: 4 WEEK BACK 2 BASICS PILATES COURSE IS AVAILABLE FOR £45.00 FROM 4TH NOVEMBER PLEASE BOOK YOUR PLACE AT RECEPTION 18.30 - 19.30 & 19.30 - 20.30

CLASSES HIGHLIGHTED - MOVED TO NEW HOLISTIC STUDIO
CLASSES IN RED: NEW CLASS/NEW INSTRUCTOR

OUR NEW CLASSES ARE ON A 3 MONTH TRIAL BASIS AND WILL BE SUBJECT TO CHANGE

ANY CLASS WITH LESS THAN 40% ATTENDANCE WILL ALSO BE AT RISK OF BEING REMOVED OR REPLACED WITH AN ALTERNATIVE CLASS