

THE RIVER CLUB CLASS TIMETABLE

MONDAY				THURSDAY			
Time	Class	Instructor	Studio	Time	Class	Instructor	Studio
08.15-09.15	Body Pump	Claire B	Studio 1	06.40-07.15	Body Combat	Daren	Studio 1
09.00-09.40	Aqua Aerobics	Dorota	Pool	09.20-10.10	Body Pump	Caroline	Studio 1
09.30-10.15	Spin	Kavita	Cycle	09.30-10.45	Hatha Yoga	Alex	Holistic
09.30-10.15	New Body	Gina	Studio 1	10.15-11.05	Body Combat	Caroline	Studio 1
09.45-10.25	Aqua Aerobics	Dorota	Pool	11.15-12.10	Pilates	Chloe	Studio 1
10.00-10.30	Kettlebell Fitness	Joe	Holistic	12.15-13.10	Pilates	Chloe	Studio 1
10.30-11.10	Aqua Aerobics	Dorota	Pool	18.25-19.10	Body Pump	Hannah	Studio 1
10.20-11.05	Low Fu Fitness	Karen	Studio 1	18.30-19.25	Body Balance	Pat	Holistic
10.45-12.00	Vinyasa Flow Yoga	Judi	Holistic	19.00-19.45	Spin/Coach by Colour	Kavita	Cycle
11.10-12.00	Zumba	Gina	Studio 1	19.30-20.15	Aqua Aerobics	Susanne	Pool
18.15-19.00	Body Combat	Lauren	Studio 1	19.15-20.00	Barre Concept	Stephanie	Studio 1
18.30-19.00	Lean Conditioning	Keiron	Holistic	19.45-21.00	Vinyasa/Restorative Yoga	Shira	Holistic
19.05-20.00	Aerolatino	Jeff	Studio 1	20.05-21.00	Pilates	Stephanie	Studio 1
19.15-20.00	Spin	Stephanie	Cycle	FRIDAY			
19.35-20.30	Pilates	Claire B	Holistic	Time	Class	Instructor	Studio
20.05-21.00	Pilates	Susanne	Studio 1	06.40-07.15	HIIT	Cheryl	Studio 1
TUESDAY				07.25-08.20	Pilates	Pat	Studio 1
Time	Class	Instructor	Studio	08.25-09.20	Pilates	Pat	Studio 1
06.40-07.15	Spin/Coach by Colour	Cheryl	Cycle	08.45-09.25	Aqua Aerobics	Chloe	Pool
09.30-10.25	Body Blitz	Cheryl	Studio 1	09.25-10.20	Pilates	Pat	Studio 1
10.30-11.25	Zumba	Nikki	Studio 1	09.00-09.55	Body Balance	Jack	Holistic
09.40-10.25	Lean Conditioning	Linda	Holistic	9.30-10.10	Aqua Aerobics	Chloe	Pool
11.30-12.25	Tai Chi	Jean	Studio 1	10.00-10.20	Gym Fitness	Gym Team	Main Building
18.15-19.00	Body Balance	Claire B	Holistic	10.00-11.15	Hatha Yoga	Ami	Holistic
18.15-19.00	Rumba Latina	Tori	Studio 1	10.15-11.00	Aqua Aerobics	Jack	Pool
19.05-20.00	Body Pump	Claire B	Studio 1	10.25-11.20	Pilates	Pat	Studio 1
19.15-20.00	Spin/Coach by Colour	Cheryl	Cycle	SATURDAY			
19.15-20.30	Hatha/Vinyasa Yoga	Georgie	Holistic	Time	Class	Instructor	Studio
20.05-21.00	Boxercise	Jez	Studio 1	08.45-09.40	Body Combat	Daren	Studio 1
WEDNESDAY				08.45-09.30	Aqua Aerobics	Amanda	Pool
Time	Class	Instructor	Studio	09.00-09.35	Spin/Coach by Colour	Kavita	Cycle
08.45-09.25	Aqua	Cheryl	Pool	09.30-10.15	Aqua Aerobics	Amanda	Pool
09.00-10.10	Restorative Yoga	Della	Studio 1	09.45-10.40	Body Pump	Daren	Studio 1
09.30-10.10	Aqua Aerobics	Nikki	Pool	09.45-10.35	Spin/Coach by Colour	Cheryl	Cycle
09.40-10.15	AB Blast	Cheryl	Holistic	10.45-11.30	HIIT	Cheryl	Studio 1
10.15-10.55	Aqua Aerobics	Nikki	Pool	SUNDAY			
10.15-11.10	Aerolatino	Jeff	Studio 1	Time	Class	Instructor	Studio
10.25-11.20	Barre Concept	Della	Holistic	08.05-09.00	Pilates	Stephanie	Studio 1
11.15-12.10	Pilates	Theresa	Studio 1	09.05-10.20	Hatha Yoga	Julia	Studio 1
12.15-13.10	Pilates	Theresa	Studio 1	10.30-11.45	Hatha Yoga	Julia	Studio 1
18.15-19.00	Dance Fitness	Gina	Studio 1	16.00-16.45	Aqua Aerobics	Cheryl	Pool
18.30-19.00	Kettlebell Fitness	Keiron	Holistic	16.45-17.30	Aqua Aerobics	Cheryl	Pool
19.05-19.55	Low Fu Fitness	Karen	Studio 1				
19.15-20.00	Aqua Aerobics	Gina	Pool				
19.30-20.30	Tai Chi	Darren	Holistic				
20.00-20.55	Pilates	Alla	Studio 1				

FROM MARCH 2020

AS A COURTESY TO OTHER MEMBERS WE WOULD ASK THAT YOU PLEASE DO NOT BOOK MORE THAN 2 CLASSES IN ANY ONE DAY

TO INCLUDE A MAXIMUM OF 1 HOLISTIC / BARRE CLASS PER DAY

IF THERE IS 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

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.

FROM JANUARY 2020

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. THREE LATE CLASSES CANCELLATIONS OR NO-SHOW STRIKES IN ANY 30 DAY PERIOD WILL RESULT IN THE LOSS OF ADVANCED BOOKING RIGHTS FOR 7 DAYS

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

CLASSES IN RED: NEW CLASS/TIME/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.