

THE RIVER CLUB

Class Timetable December 2020

MONDAY		Book from Thursday	
Time	Class	Instructor	Studio
09.00-09.45	Aqua Aerobics	Gina	Pool
09.30-10.15	Dance 2B Fit	Michelle	Studio 1
09.45-10.30	Aqua Aerobics	Gina	Pool
10.30-11.15	Low Fu Fitness	Karen	Studio 1
11.30-12.15	Pilates/Yoga Fusion	Jack	Studio 1
18.15-19.00	Body Conditioning	Lauren	Studio 1
19.00-19.45	Spin	Karen	Cycle
19.15-20.00	Totally Shredded	Lauren	Studio 1
20.15-21.00	Pilates	Susanne	Studio 1

TUESDAY		Book from Friday	
Time	Class	Instructor	Studio
06.45-7.20	Spin/Coach by Colour	Cheryl	Cycle
09.30-10.15	Body Blitz	Linda	Studio 1
10.30-11.15	Body Pump	Michelle	Studio 1
11.30-12.15	Tai Chi	Noel	Studio 1
12.30-13.15	Tai Chi	Noel	Studio 1
18.15-19.00	Aerolatino	Jeff	Studio 1
19.00-19.45	Spin/Coach by Colour	Cheryl	Cycle
19.15-20.00	Body Pump	Simon	Studio 1
20.15-21.00	Mellow Flow Yoga	Georgie	Studio 1

WEDNESDAY		Book from Saturday	
Time	Class	Instructor	Studio
07.00-07.45	HIIT	Cheryl	Studio 1
08.15-09.00	Aqua	Cheryl	Pool
09.00-09.45	Aqua	Michelle	Pool
	Meditative Hatha & Vinyasa Flow	Judi	Studio 1
09.45-10.30	Aqua	Michelle	Pool
10.15-11.00	Aerolatino	Jeff	Studio 1
11.15-12.00	Pilates	Theresa	Studio 1
18.15-19.00	Dance Fit	Gina	Studio 1
19.15-20.00	Aqua Aerobics	Gina	Pool
19.15-20.00	Low Fu Fitness	Karen	Studio 1
20.15-21.00	Pilates	Alla	Studio 1

THURSDAY		Book from Sunday	
Time	Class	Instructor	Studio
07.00-07.45	Spin/Coach by Colour	Cheryl	Cycle
09.30-10.15	Body Pump	Caroline	Studio 1
10.30-11.15	Pilates	Chloe	Studio 1
11.30-12.15	Pilates	Chloe	Studio 1
18.15-19.00	Body Pump	Claire	Studio 1
18.30-19.15	Spin/Coach by Colour	Kavita	Cycle
19.15-20.00	Pilates	Claire	Studio 1
20.15-21.00	Vinyasa/Restorative Yoga	Shira	Studio 1

FRIDAY		Book from Monday	
Time	Class	Instructor	Studio
06.45-07.20	HIIT	Cheryl	Studio 1
08.00-08.45	Pilates	Pat	Studio 1
09.00-09.45	Pilates	Pat	Studio 1
09.00-09.45	Aqua Aerobics	Chloe	Pool
09.45-10.30	Aqua Aerobics	Chloe	Pool
10.15-11.00	Floor/Barre Concept	Stephanie	Studio 1
11.15-12.00	Pilates	Stephanie	Studio 1

SATURDAY		Book from Tuesday	
Time	Class	Instructor	Studio
08.15-09.00	Aqua Aerobics	Amanda	Pool
09.05-09.50	Spin/Coach by Colour	Cheryl	Cycle
09.00-09.45	Body Pump	Hannah	Studio 1
09.00-09.45	Aqua Aerobics	Amanda	Pool
10.00-10.45	HIIT	Cheryl	Studio 1
10.15-11.00	Spin/Coach by Colour	Kavita	Cycle

SUNDAY		Book from Wednesday	
Time	Class	Instructor	Studio
08.15-09.00	Aqua Aerobics	Cheryl	Pool
08.30-09.15	Pilates	Stephanie	Studio 1
09.00-09.45	Aqua Aerobics	Cheryl	Pool
09.30-10.15	Floor Barre Concept	Stephanie	Studio 1
10.30-11.15	Invigoration Flow Yoga	Georgie	Studio 1
11.30-12.15	Invigoration Flow Yoga	Georgie	Studio 1

Colour Key

	Anything in BLUE is a new class
	Anything in RED is suspended until the New Year
	Anything in Orange is a time change
	Anything in Yellow is as previous but only goes ahead if the previous class is full