

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

FROM 3rd JANUARY 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

PILATES: 4 WEEK BEGINNERS/BACK 2 BASICS PILATES COURSE
IS AVAILABLE FOR £45.00. STARTS 13th JANUARY 2020 18.30-19.30

PLEASE BOOK YOUR PLACE BY CALLING RECEPTION
LEAN CONDITIONING WILL BE IN THE MAIN BUILDING DURING THIS TIME

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.