THE RIVER CLUB CLASS TIMETABLE

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19.30-20.30 Tai Chi Darren Holistic	19.30-20.30	Tai Chi	Darren	Holistic				

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 MAVE MISSED THE WARM UP.

CLASS BOOKNGS: 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

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 DURINGTHIS TIME

TO BE PAID TO THE INSTRUCTOR

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.