



Timetable 2017



Monday

9.45am-11.00am	Yoga (£5M £10G)	All Levels	Karen
11.00am-11.45am	Aqua Aerobics	All Levels	Sophie
6.00pm-6.45pm	Body Conditioning	All Levels	Sophie
6.45pm-7.30pm	HIIT (high intensity interval training)	All Levels	Sophie
6.45pm-7.30pm	Spinning	All Levels	Joeann
7.30pm-8.15pm	Pilates	All Levels	Joeann
8.15pm-9.15pm	Yoga	All Levels	Joeann

Tuesday

9.00am-9.45am	Advanced Pilates	Advanced	Abbie
9.45am-10.30am	Pilates	All Levels	Abbie
10.30am-11.15am	Pilates	All Levels	Abbie
1.30pm-2.15pm	Aqua Zumba	All Levels	Abbie
6.15pm-7.00pm	Aqua Aerobics	All Levels	Sophie
6.15pm-7.00pm	Circuits	All Levels	Joeann
7.00pm-8.00pm	Yoga	All Levels	Joeann
8.00pm-9.00pm	Yoga	All Levels	Joeann

Wednesday

10.15am-11.15am	Yoga	All Levels	Karen
11.45am-12.30pm	Aqua Zumba	All Levels	Abbie
6.15pm-7pm	Spinning	All Levels	Joeann
6.15pm-7.00pm	Body Conditioning	All Levels	Jo
7.00pm-7.45pm	Zumba	All Levels	Jasmine
6.15pm-7pm	Spinning	All Levels	Joeann
7.15pm-8pm	Spinning	All Levels	Joeann

Thursday

9.30am-10.15am	Advanced Pilates	Advanced	Sophie
10.15am-11.00am	Pilates	All Levels	Sophie
10:45am-11:30am	Aqua Aerobics	All Levels	Abbie
6.00pm-6.45pm	Insanity	All Levels	Claire
6.50pm-7.35pm	Spinning	All Levels	Claire

Friday

9.00am-09.30am	Pilates Core	All Levels	Abbie
9.45am-10.45am	Yoga	All Levels	Jane
10.30am-11.15am	Aqua Aerobics	All Levels	Claire
10.45am-11.30am	Pilates	All Levels	Abbie

Saturday

10.00am-10.45am	Boxercise	All Levels	Vicky
11.30am-12.15pm	Aqua Aerobics	All Levels	Claire

Please consult with the class instructor for class suitability

Any illness, injuries and pregnancy should be reported to the instructor prior to the start of the class

There are limited spaces for many of the classes. In order to avoid disappointment please ensure you book

A minimum of 24 hrs notice is required when cancelling a booking

If you do not cancel your class/fail to arrive, this will be recorded. Repeated offending will lead to a block on booking for a given amount of time.

You may book up to 3 days in advance at the clubs reception

No classes can be booked by leaving a voice message on our answer machine

Classes cannot be booked for more than one member/person

Leisure Members have a priority booking over guests and staff

Members on the waiting list will be contacted in order of the list. If members are unavailable no message will be left and the next member will be contacted i.e. first to make contact will be awarded the vacancy

Class participations are not permitted to enter a class once the warm up has commenced

Class timetables and instructors are subject to change without notice

The instructor may restrict the number of attendees if they deem the class is over-crowded

Instructors have the authority to ask you to leave a class if you are jeopardising the safety or enjoyment of others

Class content and attendance will be reviewed by the Leisure Club Manager on a quarterly basis. NB. Any class falling below an average of 50% will be cancelled

Where applicable payments are paid to the instructor prior to the class commencing No payment = NO CLASS

Hotel guests wishing to participate in a group exercise class will be charged £5.00

Some classes have an additional charge, please ask a member of Staff for details

No classes will take place on Bank Holidays or over the festive period

No Under 16's allowed to participate in any studio classes

Updated 14th November 2016

For further information please call 01932 899901