

RIVER CLUB TIMETABLE - From 15th April 2024 onwards

MONDAY **Book from Thursday**

| | | |
|-------------|--------------------|---------|
| 08.15-09.00 | Kettlebell Fitness | Cheryl |
| 08.15-09.00 | Aqua Aerobics | Gabor |
| 09.00-09.45 | Aqua Aerobics | Gabor |
| 09.15-10.00 | Kettlebell Fitness | Cheryl |
| 09.45-10.30 | Aqua Aerobics | Gabor |
| 10.15-11.00 | Low Fu Fitness | Karen |
| 11.15-12.15 | Yoga | Dee |
| 18.00-18.45 | Barre | Anna |
| 18.50-19.35 | Body Conditioning | Lauren |
| 19.45-20.40 | Pilates | Susanne |

TUESDAY **Book from Friday**

| | | |
|-------------|---------------|-----------|
| 06.45-07.30 | Spin | Cheryl |
| 09.15-10.00 | Body Blitz | Cheryl |
| 10.10-10.55 | Zumba | Mihelle G |
| 11.00-11.55 | Tai Chi | Noel |
| 17.45-18.30 | Aerolatino | Jeff |
| 18.40-19.25 | Pump & Tone | Cheryl |
| 19.00-19.45 | Spin | Karen |
| 19.30-20.15 | Aqua Aerobics | Cheryl |
| 19.45-20.45 | Yoga | Georgie |

WEDNESDAY **Book from Saturday**

| | | |
|-------------|--------------------|-----------------|
| 06.45-07.30 | Kettlebell Fitness | Cheryl |
| 08.15-09.10 | Pilates | Pat |
| 09.00-09.45 | Aqua Aerobics | Michelle G |
| 09.15-10.15 | Yoga | Laura |
| 09.30-10.10 | Outdoor Body Blast | Gym Team/Cheryl |
| 09.45-10.30 | Aqua Aerobics | Michelle G |
| 10.30-11.15 | Aerolatino | Jeff |
| 11.30-12.25 | Pilates | Theresa |
| 18.00-18.45 | Booty Bands | Cheryl |
| 19.00-19.45 | Low Fu Fitness | Karen |
| 20.00-20.55 | Pilates | Alla |

THURSDAY **Book from Sunday**

| | | |
|-------------|------------------|----------|
| 06.45-07.30 | Spin | Cheryl |
| 09.15-10.00 | Pump & Tone | Caroline |
| 10.15-11.00 | Legs Bums & Tums | Belinda |
| 11.15-12.10 | Pilates | Alla |
| 12.15-13.10 | Pilates | Alla |
| 18.00-18.55 | Pilates | Susanne |
| 19.00-19.45 | Zumba | Jacqui X |
| 19.00-19.45 | Spin | Jodie |
| 19.15-20.00 | Aqua Aerobics | Susanne |
| 19.50-20.50 | Yoga | Shira |

FRIDAY **Book from Monday**

| | | |
|-------------|--------------------|-----------------|
| 06.45-07.30 | Kettlebell/HIIT | Jodie |
| 08.15-09.00 | Aqua Aerobics | Cheryl |
| 08.15-09.10 | Pilates | Toni |
| 09.30-10.25 | Pilates | Stephanie |
| 09.00-09.45 | Aqua Aerobics | Cheryl |
| 09.30-10.10 | Outdoor Body Blast | Gym Team/Cheryl |
| 10.35-11.20 | Floor Barre | Stephanie |
| 09.45-10.30 | Aqua Aerobics | Cheryl |
| 11.30-12.30 | Tai Chi | Kai |
| 17.30-18.25 | Tai Chi | Noel |

SATURDAY **Book from Tuesday**

| | | |
|-------------|--------------------|--------|
| 08.00-08.55 | Bootcamp (outside) | Lauren |
| 08.05-09.00 | Pilates | Anna |
| 08.15-09.00 | Aqua Aerobics | Gina |
| 09.00-09.45 | Aqua Aerobics | Gina |
| 09.15-10.00 | Shredded Combat | Lauren |
| 09.15-10.00 | Spin | Cheryl |
| 10.15-11.00 | Kettlebell Fit | Cheryl |

SUNDAY **Book from Wednesday**

| | | |
|-------------|---------------|-----------|
| 08.15-09.00 | Pilates | Stephanie |
| 09.00-09.45 | Aqua Aerobics | Mariya |
| 09.20-10.20 | Yoga | Elif/Dee |
| 10.30-11.30 | Yoga | Elif/Dee |

CLASS BOOKINGS & RULES

We ask that you book at maximum of 3 aqua classes in any one week, unless there is space on the day. If you are on the 2nd aqua class, you must be poolside before the first-class finishes, 9.45am weekdays & 9am weekends.

Any equipment/mats that are used are to be cleaned before & after use by the member. Members are encouraged to bring their own equipment, such as mats, at their own risk.

As a courtesy to other members, we would ask that you please do not book more than 1 class in any one day. Members may book additional classes the day before if there are spaces available.

Founder members can only use their booking privileges 3 times a week.

Bookings can only be made 5 days in advance. You will not be able to join the class if you are late.

To book classes please call:

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|--|-------------------------------------|
| | after 8am for morning classes |
| | After 1pm for evening classes After |
| | 8.30am for aqua classes |

We will try to accommodate where possible to get you in to a class later in the week if your chosen class is full. If weather permits some classes may be held outside to allow more participants.

Unable to attend a booked class: please cancel 24 hours before the class is due to start. We are then able to offer the place to another member.

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.

3 late classes, cancellations or no-show strikes in any 30-day period will result in the loss of advanced booking rights for 7 days.

Members must arrive on time for their classes, otherwise they risk their space being taken by another member. If you arrive after the warm-up you will not be allowed to participate.

Our timetable is subject to change at any time due to the current situation. Any class with less than 40% attendance will also be at risk of being removed or replaced with an alternative class.

Pilates: if you are new to Pilates classes, we require you to attend a session with our Pilates practitioner before taking part in our timetabled 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.