

## RIVER CLUB TIMETABLE - From 1<sup>st</sup> June 2023 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
17.55-18.40	Dance to be Fit	Michelle S
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	Lisa
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	Georgie
10.30-11.30	Yoga	Georgie

## 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:

- 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.