

# Group Exercise Timetable

From Monday 2<sup>nd</sup> May 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
am	8.15 – 9.05 Body Balance Carly	9.15 - 10.00 Studio Cycling Carly		8.30 – 9.20 Pilates Angela			
	9.15 – 10.15 Body Pump Carly	9.15 - 10.10 Zumba Holly	8.15 – 9.10 Pilates Angela	9.30 – 10.30 Pilates Angela	8.30 – 9.30 Pilates Angela	8.45 – 9.00 Body Pump Tech Lizzie	9.30 – 10.15 Studio Cycling Tracey
	10.20 – 11.10 Pilates Sarah	9.45 – 10.30 Aqua Aerobics Melanie	9.15 – 10.15 Body Combat Holly	9.45 – 10.30 Aqua Aerobics Anita	9.30 – 10.15 Studio Cycling Stacey	9.00 – 10.00 Body Pump Lizzie	10.30 – 11.30 Aerobics Tracey
	11.15 – 12.05 Pilates Sarah	10.15 – 11.15 Body Combat Will	10.15 – 11.00 Studio Cycling Helen	10.30 – 11.30 Body Attack Holly	9.45 – 10.45 Body Pump Angela	9.00 – 9.45 Studio Cycling Tracey	
	10.30 - 11.15 Studio Cycling Carly		10.30 – 11.30 Body Balance Carly	10.30 – 10.45 Studio Cycling intro stacy	10.00 – 10.45 Aqua Aerobics zues	10.05 – 11.05 Body Balance Lizzie	
lunch	11.00 – 11.45 Aqua Aerobics Anita	11.30 – 12.30 Body Pump Will	11.45 – 12.45 Yoga Alison	10.45 – 11.30 Studio Cycling Stacey	12.15 – 13.15 Yoga Andy		
	12.15 – 13.15 Yoga Andy	12:45 – 13:45 Pilates Will	12.30 – 13.15 Aqua Aerobics Anita	11.45 – 12.45 LBT Stacey	13.30 – 14.30 Zumba Ingrid		
	13.30 – 14.30 LBT Stacey						
pm			18.00 – 19.00 Body Pump Carly	17.30 – 18.30 Pilates Judi			
	18.00 – 18.15 Body Pump Technique	18.00 - 19.00 Yoga Ingrid	17:45 – 18:00 Studio Cycling Intro Stacey	18.30 – 19.30 Zumba Ingrid	18.00 – 19.00 Body Balance Angela		
	18.15 – 19.15 Body Pump Carly	19.00 – 19.45 Studio Cycling Alison	18.00 – 18.45 Studio Cycling Stacey	18.30 – 19.15 Studio Cycling Loz	18.05 – 18.50 Studio Cycling Helen		
	19.00 – 19.45 Studio Cycling Helen		19.00 – 19.50 Body Attack Carly	18.45 – 19.30 Aqua Aerobics Judi			
	19.30 – 20.30 Body Combat Holly		19.00 – 19.45 Studio Cycling Tracey	19.30 - 20.30 Zumba Ingrid			
			20.00 – 21.00 Pilates Sarah				



**SLINFOLD**  
GOLF & COUNTRY CLUB

**Class Guide**  
Cardiovascular Workout  
Tone and Condition  
Low Intensity  
Mind / Body

**New Classes on this timetable**

Monday Body Balance 8.15am  
Monday Aqua 11am  
Thursday Pilates 8.30am  
Friday Zumba 13.30pm

**Class Etiquette**

Please arrive 10 mins early if you need to set equipment up for your class  
Please bring water and a towel

**Booking Instructions**

Classes are bookable 6 days in advance via our online booking system or club reception.  
Class places are limited and are strictly reserved.