



Key	
	Aerobic Workout
	Balance and Stability
	High Impact Workout
	Pool Based Class

Manor of Groves Health Club Studio Timetable

Monday		
07:00 07:30	HIIT	Gym Team
09:30 10:30	TBC	Cara
09:30 10:15	Aqua Zumba	Natasha
10:45 11:45	Body Balance	Elaine
11:50 12:50	Pilates	Rebecca
11:30 12:15	Aqua	Karen
17:30 18:30	Advanced Circuits	Gym Team
18:30 19:30	Aerobics	Sarah
19:30 20:30	Pilates	Fiona
20:30 21:15	Beginner's Pilates	Fiona

Tuesday		
09:30 10:30	Aerobics	Sarah
10:00 10:45	Aqua	Anne
10:45 11:45	Body Balance	Paula
11:50 13:05	Physical Yoga	Paula
18:00 19:00	Body Balance	Jade
19:00 19:45	Kettlebells	Dan R
20:00 21:00	Beginner's Circuits	Gym Team

Wednesday		
07:00 07:30	HIIT	Gym Team
09:00 10:00	TBC	Cara
10:00 10:45	Pilates	Fiona
10:50 11:50	Body Balance	Elaine
11:15 12:00	Aqua	Karen
18:00 18:45	Fitball	Fiona
18:45 19:45	Body Blast	Fiona
19:00 19:45	Aqua	Jane
20:00 21:00	Yoga	Ulla

Thursday		
09:30 10:45	Hatha Yoga	Ulla
10:00 10:45	Aqua	Karen
10:45 11:45	Body Blast	Sarah
11:15 12:00	Aqua Zumba	Natasha
11:45 13:00	Hatha Yoga	Ulla
18:30 19:30	LBT	Sarah
19:00 19:45	Aqua	Pippa
19:30 20:30	Boxercise	Gym Team
20:30 21:30	Beginner's Circuits	Gym Team

Friday		
09:30 10:30	LBT	Anne
09:30 10:15	Aqua	Andrea
10:30 11:30	Fitness Pilates	Anne
18:00 19:00	Zumba	Abbie
19:00 19:30	Metafit	Dan R

Saturday		
07:45 08:30	Bootcamp	Calum
08:30 09:30	Boxercise	Gym Team
08:30 09:15	Aqua	Karen
10:00 11:00	Weekend Workout	Sarah

Sunday		
08:00 08:30	HIIT	Gym Team
09:30 10:30	Body Conditioning	Paula
10:30 11:30	Body Balance	Paula

All classes can be booked up to 7 days in advance.
 Please ensure you book classes early to avoid disappointment on **(01279) 603 544**.
 If you are attending a class, then you must book into the session at Reception or with the instructor.



Children's Swim

Children age group – up to 16 years of age.
 £2.50 each for 5-16 year olds and free for under 5's.

Monday- Friday	Saturday- Sunday
2pm- 5:30pm	10am -5pm

SPLASH!

Children's Swimming Lessons

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
4pm-5:30pm	4pm-5:30pm	4pm-5:30pm	4pm-5:30pm	2pm-5pm	10am-1:15pm

Rivers Hospital

Hydrotherapy sessions	Tuesdays 11:30am -1.30pm
-----------------------	--------------------------