

## Manor of Groves Health Club Studio Timetable

Monday			Tuesday			Wednesday			Thursday			Friday		Saturday			
07.00	Group	Gym	06.45	Group	Gym	09.00	Body	Cara	07.00	Group	Gym	09.00	LBT	Fiona	08.30	BoxFit	Gym
07.30	Cycle	Team	07.15	Cycle	Team	10.00	Conditioning		07.30	Cycle	Team	09.45			09.30		Team
09.30	Body	Cara	09.00	HIT	Gym	09.30	Group	Gym	09.00	HIT	Gym	09.30	Aqua	Andrea	08.30	Aqua	Karen
10.30	Conditioning		09.30		Team	10.15	Cycle	Team	09.30		Team	10.15			09.15		
09.30	Aqua	Natasha	09.30	LBT	Sarah	10.00	Pilates	Fiona	09.30	Hatha	Ulla	09.45	Pilates	Fiona	10.00	Weekend	Sarah
10.15	Zumba		10.30			11.00			10.45	Yoga		10.30			11.00	Workout	
10.30	Band	Natasha	10.00	Aqua	Danny	11.00	Barre	Fiona	10.00	Beg/Group	Gym	10.00	Group	Gym	11.00	Pilates	Danny
11.15	Fit		10.45			11.45	Fitness		10.30	Cycle	Team	10.45	Cycle	Team	12.00		
10.45	Group	Gym	10.45	Body	Paula	11.30	Aqua	Karen	10.00	Aqua	Karen	10.30	Barre	Fiona	Sunday		
11.30	Cycle	Team	11.45	Balance		12.15			10.45			11.15	Fitness				
11.30	Body	Karen	11.50	Physical	Paula	12.00	Pilates	Veronika	10.45	Trim & Tone	Sarah	11.30	Zumba	Natasha	09.30	Jump	Cara
12.30	Balance		12.50	Yoga		13.00			11.45			12.15			10.15		
11.30	Aqua	Georgi	13.30	Pilates	Danny	13.15	Cardio 45	Danny	11.30	Aqua	Natasha	18.15	Group	Gym	10.00	Beg/Group	Gym
12.15			14.30			14.00			12.15	Zumba		19.00	Cycle	Team	10.30	Cycle	Team
12.30	Pilates	Danny	18.15	Vinyassa	Sian	18.00	Fitball	Fiona	11.45	Hatha	Ulla	18.15	Pilates	Veronika	10.30	Body	Paula
13.30			19.15	Yoga		18.45			13.00	Yoga		19.15			11.30	Balance	
13.30	Pilates	Danny	18.15	Group	Gym	18.45	Body	Fiona	13.30	Pilates	Danny				12.00	Vinyassa	Natasha
14.30			19.00	Cycle	Team	19.45	Blast		14.30						13.00	Yoga flow	
18.15	Beg/ Group	Gym	18.45	Aqua	Sarah	19.00	Aqua	Jane	18.15	Group	Gym						
18.45	Cycle	Team	19.30			19.45			19.00	Cycle	Team						
18.30	Cardio	Sarah	19.15	Gym	Gym	19.30	Group	Gym	18.30	LBT	Sarah						
19.30	Attack		19.45	Circuits		20.15	Cycle		19.30								
19.30	Pilates	Fiona	19.30	Jump	Cara	20.00	Hatha	Ulla	19.30	Strength/	Gym						
20.30			20.30			21.00	Yoga		20.15	Endurance	Team						
20.30	Beg/Pilates	Fiona	20.30	Pilates	Veronika												
21.15			21.30														

Key
Moderate Intensity/Beginner
Balance & Stability
High Intensity
Pool Based

### Note

Classes can be booked using the on-line booking system 7 days in advance.

If you are unable to attend a class, please ensure that you cancel your place.

If you don't cancel your place, we cannot offer someone a place on the waiting list.

Please make sure to swipe your membership card on entry to the club as this registers your attendance for the class.

## **Manor of Groves**

Telephone: 01279 603544

Email: [gymrec@manorofgroves.co.uk](mailto:gymrec@manorofgroves.co.uk)

### **Children's Swim**

Monday - Friday 1400-1730

Saturday and Sunday 1000-1700

Bank Holiday 1030-1130 & 1400-1700

£2.50 each for 5-15 years old

Under 5's free

Children under 16 **MUST** be accompanied by an adult at all times whilst on the health club premises.

Children 14-16 may be unsupervised in the pool but need to be accompanied by an adult.

### **External Use**

#### SPLASH!

Monday-Thursday 1600-1730

Saturday 1400-1700

Sunday 1000-1315

#### RIVERS HOSPITAL

Tuesday 1130-1330

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