



MANOR of GROVES

Manor of Groves Health Club Studio Timetable

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
09.00	Body Conditioning	Sarah	09.30	LBT	Sarah	09.00	Body Conditioning	Cara	07.00	Group Cycle	Gym Team	09.00	LBT	Fiona	08.30	HIIT	Gym Team
10.00			10.30			10.00			07.30			09.45			09.15		
09.30	Aqua Zumba	Natasha	10.00	Aqua	Pippa	09.30	Group Cycle	Gym Team	09.30	Stretch & Relax	Rebecca	09.30	Aqua	Danny	08.30	Aqua	Karen
10.15			11.00			10.15			10.30			10.15			09.15		
10.30	No Impact Workout	Fiona	10.45	Body Balance	Paula	10.00	Aqua	Karen	10.00	Group Cycle	Gym Team	10.00	Hatha Yoga	Fiona	09.45	Weekend Workout	Sarah
11.15			11.45			10.45			10.30			10.45			10.45		
10.15	Group Cycle	Sarah L	18.15	Group Cycle	Sarah K	10.15	Barre Fitness	Fiona	10.00	Aqua	Karen	10.00	Group Cycle	Gym Team	11.00	Beg. Group Cycle	Gym Team
11.00			19.00			11.00			10.45			10.45			11.30		
11.15	Aqua	Natasha	18.00	Sculpt	Natalie	11.30	Pilates	Veronika	10.45	Trim & Tone	Sarah	11.30	Aqua	Pippa			
12.00			18.55			12.30			11.45			12.15					
11.30	Pilates	Danny	19.00	Aqua	Sarah	18.30	Body Conditioning	Fiona	11.30	Aqua Zumba	Natasha	18.15	Pilates	Veronika	09.00	Jump	Natalie
12.30			19.45			19.30			12.15			19.15			09.45		
18.15	Group Cycle	Gym Team	19.10	Jump	Natalie	19.00	Group Cycle	Gym Team	18.30	LBT	Sarah				10.00	Group Cycle	Gym Team
18.45			20.00			19.45			19.30						10.30		
18.15	Aqua	Andrew							19.15	Aqua Zumba	Natasha				10.15	Body Balance	Paula
19.00									20.00						11.15		
18.30	Cardio Attack	Sarah							20.15	Physical Yoga	Natasha						
19.30									21.15								
19.45	Pilates	Fiona															
20.45																	

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

Note

Classes can be booked by downloading the free members FitSense app from the app store.

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

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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