

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

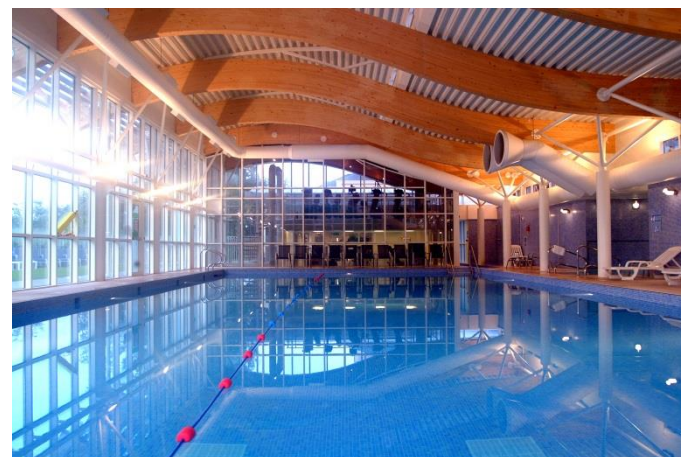
Saturday 1400-1700

Sunday 1000-1315

RIVERS HOSPITAL

Tuesday 1130-1330

Manor of Groves Studio Timetable





MANOR of GROVES

Key	
	Moderate Intensity
	Balance and Stability
	High Intensity
	Pool Based

Manor of Groves Health Club Studio Timetable

Monday		
07:00 07:30	Group Cycle	Gym Team
09:30 10:30	Body Conditioning	Cara
09:30 10:15	Aqua Zumba	Natasha
10:45 11:30	Group Cycle	Gym Team
11:30 12:30	Les Mills Body Balance	Karen
11:30 12:15	Aqua	Georgi
12:30 13:30	Pilates	Danny
18:30 19:30	Cardio Attack	Sarah
18:45 19:15	Beginner's Group Cycle	Gym Team
19:30 20:30	Pilates	Fiona
20:30 21:15	Beginner's Pilates	Fiona

Tuesday		
06:45 07:15	Group Cycle	Gym Team
09:30 10:30	LBT	Sarah
10:00 10:45	Aqua	Danny
10:45 11:45	Les Mills Body Balance	Paula
11:50 12:50	Physical Yoga	Paula
18:15 19:15	Vinyasa Yoga	Sian
18:15 19:00	Group Cycle	Gym Team
18:45 19:30	Aqua	Sarah
19:15 20:00	Sweat & Tone	Gym Team
19:30 20:30	Jump	Cara
20:30 21:30	Pilates	Veronika

Wednesday		
09:00 10:00	Body Conditioning	Cara
09:30 10:15	Group Cycle	Gym Team
10:00 11:00	Pilates	Fiona
11:00 11:45	Barre Fitness	Fiona
11:30 12:15	Aqua	Karen
18:00 18:45	Fitball	Fiona
18:45 19:45	Body Blast	Fiona
19:00 19:45	Aqua	Jane
19:30 20:15	Group Cycle	Gym Team
20:00 21:00	Hatha Yoga	Ulla

Thursday		
07:00 07:30	Group Cycle	Gym Team
09:30 10:45	Hatha Yoga	Ulla
10:00 10:30	Beginner's Group Cycle	Gym Team
10:00 10:45	Aqua	Karen
10:45 11:45	Trim & Tone	Sarah
11:30 12:15	Aqua Zumba	Natasha
11:45 13:00	Hatha Yoga	Ulla
18:15 19:00	Group Cycle	Gym Team
18:30 19:30	LBT	Sarah
19:30 20:15	Strength & Endurance	Gym Team

Friday		
09:00 09:45	LBT	Fiona
09:45 10:45	Pilates	Fiona
09:30 10:15	Aqua	Andrea
10:00 10:45	Group Cycle & Abs	Gym Team
11:30 12:15	Zumba	Natasha

Saturday		
08:30 09:30	Boxfit	Gym Team
08:30 09:15	Aqua	Karen
10:00 11:00	Weekend Workout	Sarah
Sunday		
09:30 10:15	Jump	Cara
10:00 10:30	Beginner Group Cycle	Gym Team
10:30 11:30	Les Mills Body Balance	Paula

Classes can be booked up to 7 days in advance.

Please ensure that you book classes using the on line booking system.

If you are unable to attend a class, please ensure that you cancel your place within 3 hours before the class is due to begin. This will allow us to offer someone else a place on the waiting list. Thank you