



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	Total Body Conditioning	Cara
09:30 10:15	Aqua Zumba	Natasha
10:50 11:50	Body Balance	Rebecca
11:50 12:50	Pilates	Rebecca
11:30 12:15	Aqua	Karen
17:30 18:30	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	Pippa
10:45 11:45	Body Balance	Paula
11:50 13:05	Physical Yoga	Paula
18:30 19:30	Yoga	Sian
20:00 21:00	Circuits	Gym Team

Wednesday		
07:00 07:30	HIIT	Gym Team
09:00 10:00	Total Body Conditioning	Cara
10:00 10:45	Pilates	Fiona
10:50 11:50	Body Balance	Rebecca
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
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
11:30 12:15	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	Circuits	Gym Team

Friday		
09:30 10:15	LBT	Fiona
09:30 10:15	Aqua	Andrea
10:15 11:00	Pilates	Fiona
18:00 19:00	Body Balance	Karen
19:00 19:45	Kettlebells	Dan R

Saturday		
07:45 08:30	Strength & Conditioning	Dan R
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

Classes can be booked into 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 check yourself in at Reception or with an instructor.  
 Please ensure that you cancel your place if you are not going to attend. This will provide us with accurate class attendance.



## 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
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