



Key	
	Moderate Intensity
	Balance and Stability
	High Intensity
	Pool Based

Manor of Groves Health Club Studio Timetable

Monday		
08:30 09:30	Jump	Cara
09:30 10:30	Body Conditioning	Cara
09:30 10:15	Aqua Zumba	Natasha
10:50 11:50	Les Mills Body Balance	Rebecca
11:50 12:50	Pilates	Rebecca
11:30 12:15	Aqua	Georgi
18:30 19:30	Cardio Attack	Sarah
19:30 20:30	Pilates	Fiona
20:30 21:15	Beginner's Pilates	Fiona

Tuesday		
09:30 10:30	Total Body Workout	Sarah
10:00 10:45	Aqua	Danny
10:45 11:45	Les Mills Body Balance	Paula
11:50 12:50	Physical Yoga	Paula
18:30 19:30	Vinyasa Yoga	Sian
19:30 20:30	Jump	Cara
19:30 20:30	Bootcamp	Gym Team

Wednesday		
09:00 10:00	Body Conditioning	Cara
10:00 10:45	Pilates	Fiona
10:50 11:50	Les Mills 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	Hatha Yoga	Ulla

Thursday		
09:30 10:45	Hatha Yoga	Ulla
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
18:30 19:30	LBT	Sarah
19:15 20:00	Run Club	Gym Team
20:00 21:00	Les Mills Body Combat	Mariella

Friday		
08:15 09:00	Insanity	Natasha
09:30 10:15	LBT	Fiona
09:30 10:15	Aqua	Andrea
10:15 11:00	Pilates	Fiona
18:00 19:00	Les Mills Body Balance	Karen

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

Sunday		
09:30 10:30	Body Conditioning	Paula
10:30 11:30	Les Mills Body Balance	Paula

Classes can be booked into up to 7 days in advance.
Please ensure that you book classes using the online booking system.
If you are attending a class then your attendance will be noted as you swipe your membership card.

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



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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