

Timetable

OUTDOOR GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8.00am Rig Fit Josh	7.00am Total Body HIIT Josh			8.30am Burn Gym Team	
9.30am Burn Luke	9.30am Total Body HIIT Danni	9.30am Strength Luke	9.30am Barbell Conditioning Leah	9.30am Strength Danni	9.30am LBT Amanda	
10.35am Strength Luke	10.30am Kettlebell HIIT Luke		10.30am Strength & Conditioning Rackets Luke		10.30am Pump Amanda	10.30am Total Body HIIT Finbar
					3.30pm Metcon Gym Team	11.30am Family circuit Challenge Finbar
6.00pm Total Body HIIT Danni		7.00pm Metcon Danni	6.00pm Total Body HIIT Luke			

INDOOR GROUP EXERCISE HOLISTIC / AQUA & SPIN CLASSES

TR - Tarrant Room | S - Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am Omnia Express Cameran	7.00am FreeBeat Spin Poppy	8.30am - S Tai Chi Noel	7.00am FreeBeat Spin Poppy	7.00am Omnia Express Dan	7.35am - S Vinyasa Flow Yoga Georgia	8.00am - S Yoga Anika
	8.00am - S Morning Stretch Megan	8.30am Peak Spin Luke	8.00am - S Power Performance Danni	8.30am FreeBeat Spin Vicky P	8.30am FreeBeat Spin Louise	8.30am Peak Spin Cameran
9.10am Adult Swim Training Maria	9.30am - S LBT Lisa	9.10am Adult Swim Training Maria	9.30am - TR Pilates Caroline	9.10am Adult Swim Training Maria	8.30am - S Strength & Conditioning Yoga Megan	9.30am Spin Circuit Cameran
9.30am - TR BarreFit Rebekah	9.30am - TR Stretch & Define Anika	9.30am - TR Power Yoga Anika	9.30am - Omnia Ab Attack Finbar	9.30am - TR Stretch & Define Vicky P	9.30am - S Pilates Megan	9.30am - S Zumba Sarah-Anne
9.30am Spin Circuit Cameran	9.30am Peak Spin Josh	9.30am - S Body Blast I Alex	9.30am - S Body Blast II Alex	9.30am - S Zumba Perry	9.30am Peak Spin Daren	
9.30am - S Box HIIT Amanda	10.00am Aqua Maggie	10.30am - S Total Body Blitz Anwar	9.30am Spin Circuit Daren	10.00am Aqua Maggie	10.30am - S Yoga Sanjiv	10.30am - S Pilates Caroline
10.00am Aqua Poppy	10.30am - Omnia Ab Attack Danni	10.30am Peak Spin Daren	10.30am - TR Strength & Conditioning Yoga Beverley	10.30am - S Power Performance Dan		
10.30am - S Ab Attack Amanda	10.30am - S Step Alex	10.30am TR Yogalates Sanjiv	10.30am - S LBT Arms Amanda			
10.30am - TR Pilates Anika	11.00am - TR Pilates Pamela	11.00am Aqua Luke	11.30am - TR Yin Yoga Evie	11.30am - S Vinyasa Yoga Rebekah	11.30am - S Yoga Meditation/Relaxation Sanjiv	11.30am - S Vinyasa Yoga Karen J
11.30am - S LBT Maggie		12.00pm - S Zumba Sarah-Anne	11.45am - S Jazz Dance Jennifer	12.00pm Peak Spin Luke		
11.30am - TR Yoga Vicky A		12.00pm - TR Pilates Pamela		12.30pm - S BarreFit Rebekah		
1.00pm - S Yin Yoga Evie	1.00pm - S Yoga Sanjiv		1.00pm - S Vinyasa Yoga Karen S	1.30pm - S Yoga Anna		
6.30pm Peak Spin Josh	4.00pm - S Pilates Megan	5.30pm - S LBT Maggie	2.00pm - S Pilates for Rackets Megan	2.30pm - S Tai Chi Noel	4.30pm - S Yoga Sanjiv	4.30pm - S Family Yoga Evie
	5.30pm - S LBT & Arms Maggie	5.45pm - Omnia All About The Shoulders Dan		4.00pm - S Intermediate Pilates Tessa	5.30pm - S Mov'Her Sarah-Anne	
6.00pm - S Zumba Perry	6.30pm Omnia Express Cameran	6.25pm - Omnia All About The Arms Dan	6.30pm - S Pilates Megan	5.30pm - S LBT & Arms Sarah-Anne		
7.15pm - S Vinyasa Yoga Evie	6.30pm Cardio & Define Rachel	6.30pm - S Yoga Vicky A	6.30pm FreeBeat Spin Rachel	6.00pm Omnia Express Luke		
7.30pm Omnia Express Josh	7.10pm - Omnia All About The Power Finbar		7.30pm - S Yoga Meditation/Relaxation Sanjiv			
8.00pm - Omnia Ab Attack Danni	7.30pm - S Yogalates Anika		7.30pm - Omnia All About The Legs Josh			
8.15pm - S Yin Yang Yoga Evie						

 = Hard Core

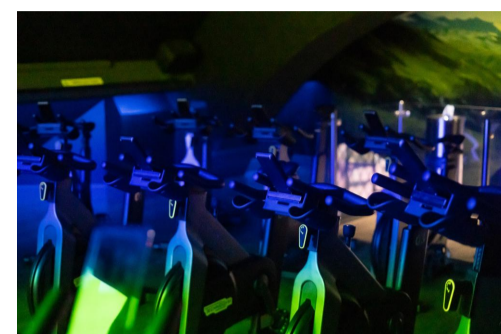
 = Mind & Body

 = Mid Intensity

 = Aqua



ST GEORGE'S HILL
LAWN TENNIS CLUB



GENERAL INFORMATION

Please check mywellness for any updates. For queries related to this timetable, please contact

Amanda Collins - amandac@stghlhc.co.uk
Gym Team - gym@stghlhc.co.uk

BOOKING CLASSES

To gain access to all of the above sessions/-classes, you will need to book a timed slot via the mywellness app in the class section. All sessions are bookable 24 hours in advance from 7am. It is the responsibility of the member to book/cancel classes. You will receive notifications of bookings/-cancellations.

PLEASE NOTE

Please refer to the MyWellness App for all sessions/durations.



ST GEORGE'S HILL
LAWN TENNIS CLUB

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