



THE RUNNYMEDE
ON THAMES
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THE SPA

SEPTEMBER CLASS TIMETABLE

Monday

09.30 - 10.30	Step & Sculpt	Mandy	Grand Union Suite
10.45 - 11.45	Body Sculpture	Scott	Grand Union Suite
12.00 - 13.00	Yoga & Stretch	Rosemary	The Orchard
18.30 - 19.30	Total Strength	Rory	Grand Union Suite

Tuesday

09.00 - 09.45	Outdoor Waterfit	Mandy	Outdoor pool
10.00 - 11.00	Step	Mandy	Grand Union Suite
11.15 - 12.15	Total Strength	Rory	Grand Union Suite
12.30 - 13.30	Pilates	Kate	Grand Union Suite
18.30 - 19.30	Body Conditioning	Mandy	Grand Union Suite

Wednesday

09.30 - 10.30	Aerobics	Emma	Grand Union Suite
10.45 - 11.30	Fit Steps	Amanda	Grand Union Suite
11.45 - 12.45	Pilates	Amanda	Grand Union Suite
13.15 - 14.15	Yoga & Meditation	Michelle	The Orchard
18.30 - 19.30	Total Strength	Emma	Grand Union Suite

Thursday

09.30 - 10.15	Zumba	Emma	Grand Union Suite
10.30 - 11.30	Total Strength	Matt	Grand Union Suite
12.00 - 13.00	Yoga & Stretch	Rosemary	Grand Union Suite
13.15 - 14.15	Pilates & stretch	Michelle	Grand Union Suite
18.30 - 19.30	Legs, Bums & Tums	Mandy	Grand Union Suite

Friday

09.30 - 10.30	Body Sculpture	Matt	Grand Union Suite
10.45 - 11.45	Dance Fusion	Anna	Grand Union Suite
12.00 - 13.00	Mindful Yoga	Fiona	The Orchard
18.30 - 19.30	Pilates	Kate	Grand Union Suite

Saturday

09.30 - 10.30	Outdoor bootcamp	Matt	Tennis courts
10.00 - 11.00	Step & Sculpt	Mandy	Grand Union Suite
11.15 - 12.15	Legs, Bums & Tums	Mandy	Grand Union Suite
12.30 - 13.30	Precision Strength	Jon	Grand Union Suite
14.30 - 15.30	Mindful Yoga	Victoria	The Orchard

Sunday

09.00 - 10.00	Mindful Yoga	Victoria	The Orchard
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