

THE RUNNYMEDE ON THAMES

THE SPA

DECEMBER CLASS TIMETABLE

Monday

9.30 - 10.30	Step & Sculpt
10.45 - 11.45	Body Sculpture
12.00 - 13.00	Yoga & Stretch
13.30 - 14.30	Precision Strength
18.30 - 19.30	Total Strength

Tuesday

7.30 - 8.00	Ab-solute Core
10.00 - 11.00	Step
11.15 - 12.15	Total Strength
11.30 - 12.15	Waterfit*
12.30 - 13.30	Pilates
18.15 - 19.15	Body Conditioning

Wednesday

7.15 - 8.00	Body Blast Circuit
9.30 - 10.30	Body Combo
10.45 - 11.30	Fit Steps
11.45 - 12.45	Pilates
13.15 - 14.15	Yoga & Meditation
18.00 - 19.00	Total Strength
19.15 - 20.15	Stretch & Flex

Thursday

9.30 - 10.15	Zumba
10.30 - 11.30	Total Strength
11.30 - 12.15	Waterfit*
12.00 - 13.00	Yoga & Stretch
13.15 - 14.15	Pilates & Stretch
18.15 - 19.15	Legs, Bums & Tums
19.30 - 20.15	Insanity

Friday

9.30 - 10.30	Body Sculpture
10.45 - 11.45	Dance Fusion
12.00 - 13.00	Mindful Yoga
18.00 - 19.00	Pilates

Saturday

9.30 - 10.30	Outdoor Bootcamp**
10.00 - 11.00	Step & Sculpt
11.15 - 12.15	Legs, Bums & Tums
12.30 - 13.30	Precision Strength
14.30 - 15.30	Mindful Yoga

Sunday

9.00 - 10.00	Mindful Yoga
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Timetable runs from 3rd - 20th December 2020

All classes take place in the **Grand Union Suite** unless marked with an asterisk:

* this class will take place in the **Indoor Pool**

this class will take place on the **Tennis Courts