



THE RUNNYMEDE
ON THAMES
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THE SPA

21 - 27 DECEMBER CLASS TIMETABLE

Monday

9.30 - 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	Grand Union Suite
13.30 - 14.30	Precision Strength	Jon	Grand Union Suite
18.30 - 19.30	Total Strength	Rory	Grand Union Suite

Tuesday

7.30 - 8.00	Ab-solute Core	Steff	Grand Union Suite
10.00 - 11.00	Step	Mandy	Grand Union Suite
11.15 - 12.15	Total Strength	Rory	Grand Union Suite
11.30 - 12.15	Waterfit	Mandy	Indoor Pool
12.30 - 13.30	Pilates	Kate	Grand Union Suite
18.15 - 19.15	Body Conditioning	Mandy	Grand Union Suite

Wednesday

7.15 - 8.00	Body Blast Circuit	Scott	Grand Union Suite
9.30 - 10.30	Body Combo	Emma	Grand Union Suite
10.45 - 11.30	Fit Steps	Amanda	Grand Union Suite
11.45 - 12.45	Pilates	Amanda	Grand Union Suite
18.00 - 19.00	Total Strength	Emma	Grand Union Suite

Thursday

9.30 - 10.15	Zumba	Emma	Grand Union Suite
10.30 - 11.30	Total Strength	Matt	Grand Union Suite
14.00 - 15.00	Pilates & stretch	Carolina	Grand Union Suite

Friday | No classes

Saturday

11.00 - 12.00	Body Sculpture	Matt	Grand Union Suite
14.00 - 15.00	Precision Strength	Matt	Grand Union Suite

Sunday

10.00 - 11.00	Stretch & Flex	Rory	Grand Union Suite
14.00 - 15.00	Total Strength	Rory	Grand Union Suite



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28 DECEMBER - 3 JANUARY CLASS TIMETABLE

Monday

10.45 - 11.45	Body Sculpture	Scott	Grand Union Suite
12.00 - 13.00	Yoga & Stretch	Rosemary	Grand Union Suite
13.30 - 14.30	Precision Strength	Jon	Grand Union Suite

Tuesday

10.00 - 11.00	Step	Mandy	Grand Union Suite
11.15 - 12.15	Total Strength	Rory	Grand Union Suite
12.30 - 13.30	Pilates	Anne	Grand Union Suite

Wednesday

9.30 - 10.30	Body Combo	Emma	Grand Union Suite
10.45 - 11.30	Fit Steps	Amanda	Grand Union Suite
11.45 - 12.45	Body Sculpture	Matt	Grand Union Suite
13.15 - 14.15	Yoga & Meditation	Michelle	Grand Union Suite

Thursday

9.30 - 10.15	Zumba	Emma	Grand Union Suite
10.30 - 11.30	Total Strength	Rory	Grand Union Suite
13.15 - 14.15	Pilates & stretch	Michelle	Grand Union Suite

Friday | No classes

Saturday | No classes

Sunday

9.00 - 10.00	Mindful Yoga	Victoria	Grand Union Suite
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