



THE RUNNYMEDE
ON THAMES

OCTOBER CLASS TIMETABLE

MONDAY

7.15 - 8.00	BodyBlast Circuit	Abbi
8.00 - 8.15	Power Abs	Abbi
9.15 - 10.15	Step & Sculpt	Mandy
10.30 - 11.15	Waterfit**	Mandy
10.45 - 11.45	Body Sculpture	Scott
12.00 - 13.00	Yoga & Stretch+	Rosemary
13.30 - 14.30	Precision Strength*	Jon
18.00 - 19.00	Total Strength	Jon

TUESDAY

9.00 - 9.45	Waterfit **	Mandy
10.00 - 11.00	Step	Mandy
11.15 - 12.15	Total Strength	Scott
12.30 - 13.30	Pilates*	Kate
13.45 - 14.45	Pilates	Kate
13.30 - 14.30	Social Tennis**	Chris
18.00 - 19.00	Body Conditioning	Mandy
19.00 - 20.00	Step	Mandy

WEDNESDAY

7.15 - 8.00	BodyBlast Circuit	Scott
8.00 - 8.15	Power Abs	Scott
9.30 - 10.30	Body Combo	Emma
10.45 - 11.30	Fit Steps	Amanda
11.45 - 12.45	Pilates	Amanda
13.15 - 14.15	Mindful Yoga	Victoria
18.00 - 19.00	Total Strength	Emma
19.15 - 20.15	Pilates	Hannah

THURSDAY

7.15 - 8.00	BodyBlast Circuit	Dillon
8.00-8.15	Power Abs	Dillon
9.30 - 10.15	Zumba	Emma
10.30 - 11.30	HIIT	Dillon
10.30 - 11.15	Waterfit**	Claire
12.00 - 13.00	Yoga & Stretch+	Rosemary
13.30 - 14.30	Pilates	Vicky
18.00 - 19.00	Legs, Bums & Tums	Mandy
19.15 - 20.00	Insanity	Carolina
19.15 - 20.00	Waterfit*	Mandy

FRIDAY

7.15 - 8.00	Bodyblast Circuit	Tom
8.00 - 8.15	Power Abs	Tom
9.30 - 10.30	HIIT	Tom
10.45 - 11.45	Dance Fusion	Anna
12.00 - 13.00	Mindful Yoga*	Fiona
13.15 - 14.15	Pilates	Fiona
18.00 - 19.00	Pilates	Cat

SATURDAY

9.30 - 10.15	Boot Camp	Jon
10.00 - 11.00	Step & Sculpt	Mandy
11.00 - 12.00	Legs, Bums & Tums	Mandy
12.30 - 13.30	Precision Strength	Jon
13.30 - 14.30	Social Tennis**	Jon
14.30 - 15.30	Mindful Yoga	Victoria

SUNDAY

9.00 - 10.00	Yoga	Victoria/Bernie
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All classes take place in the **Spa Studio** unless marked with an asterisk:

* this class will take place in the **Indoor Pool** / ** this class will take place at the **Tennis Courts**

Please note that classes marked with '+' are limited to members only.

Please note that members can only book 2 out of the 3 morning waterfit classes in advance.