



THE RUNNYMEDE
ON THAMES

FEBRUARY CLASS TIMETABLE

MONDAY

07.15 - 8.00	Body Blast Circuit	Abbi
08.00 - 8.15	Power Abs	Abbi
09.15 - 10.15	Step & Sculpt	Mandy
10.30 - 11.15	Waterfit**	Mandy
10.45 - 11.45	Body Sculpture	Abbi
12.00 - 13.00	Yoga & Stretch*	Rosemary
13.30 - 14.30	Precision Strength*	Jon
18.00 - 19.00	Total Strength	Jon

TUESDAY

09.00 - 9.45	Waterfit *	Mandy
10.00 - 11.00	Step	Mandy
11.15 - 12.15	Total Strength	Abbi
12.30 - 13.30	Pilates*	Kate
13.45 - 14.45	Pilates	Kate
18.00 - 19.00	Body Conditioning	Mandy
19.15 - 20.15	Mindful Yoga	Ali

WEDNESDAY

07.15 - 8.00	Body Blast Circuit	Abbi/Dillon
08.00 - 8.15	Power Abs	Abbi/Dillon
09.30 - 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	Emma

THURSDAY

07.15 - 8.00	Body Blast Circuit	Dillon
08.00-8.15	Power Abs	Dillon
09.30 - 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

07.15 - 8.00	Bodyblast Circuit	Tom
08.00 - 8.15	Power Abs	Tom
09.30 - 10.30	HIIT	Dillon/Abbi
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

10.00 - 11.00	Step & Sculpt	Mandy
11.00 - 12.00	Legs, Bums & Tums	Mandy
12.30 - 13.30	Precision Strength	Jon
14.30 - 15.30	Mindful Yoga	Victoria

SUNDAY

09.30 - 10.30	Mindful Yoga	Victoria/Bernie
10.45 - 11.30	Outdoor Bootcamp**	Gym team

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.