



THE RUNNYMEDE
ON THAMES

FEBRUARY CLASS TIMETABLE

19th - 25th February

MONDAY 19TH

10.30 - 11.15 Waterfit* Mandy

TUESDAY 20TH

09.30 - 10.15 Waterfit* Mandy

10.30 - 11.15 Step Mandy

11.30 - 12.15 Total Strength Abbi

12.30 - 13.15 Pilates Kate

13.30 - 14.15 Pilates Kate

14.45 - 15.30 Mindful Yoga Victoria

17.30 - 18.30 Body Conditioning Mandy

WEDNESDAY 21ST

10.30 - 11.15 Fit Steps Amanda

11.30 - 12.15 Pilates Amanda

12.30 - 13.15 HIIT Dillon

13.30 - 14.30 Mindful Yoga Victoria

14.45 - 15.30 Body Blast Circuit Gym Team

17.30 - 18.30 Total Strength Emma

THURSDAY 22ND

10.30 - 11.15 Waterfit* Claire

10.30 - 11.15 Zumba Emma

11.30 - 12.15 Body Combo Emma

12.30 - 13.30 Yoga & Stretch Rosemary

13.45 - 14.30 Pilates Vicky

14.45 - 15.30 HIIT Gym Team

17.30 - 18.30 Legs, Bums & Tums Mandy

19.00 - 19.45 Waterfit* Mandy

FRIDAY 23RD

10.30 - 11.15 Dance Fusion Anna

11.30 - 12.15 HIIT Abbi/Dillon

12.30 - 13.15 Mindful Yoga Fiona

13.30 - 14.15 Pilates Fiona

14.30 - 15.15 Total Strength Gym Team

17.30 - 18.30 Pilates Cat

SATURDAY 24TH

10.30 - 11.15 Outdoor Bootcamp Mandy

11.30 - 12.15 Legs, Bums & Tums Mandy

13.00 - 14.00 Social Tennis** Jon

17.30 - 18.30 Mindful Yoga Victoria

SUNDAY 25TH

10.30 - 11.15 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**



THE RUNNYMEDE
ON THAMES

FEBRUARY CLASS TIMETABLE

26th February - 3rd March

MONDAY 26TH

10.30 - 11.15	Waterfit	Mandy
10.30 - 11.15	Body Sculpture	Abbi
11.30 - 12.15	Step & Sculpt	Mandy
12.30 - 13.30	Yoga & Stretch	Rosemary
13.45 - 14.30	PrecisionStrength	Jon
14.45 - 15.30	Body Blast Circuit	Gym Team
17.30 - 18.30	Total Strength	Jon

TUESDAY 27TH

09.30 - 10.15	Waterfit*	Mandy
10.30 - 11.15	Step	Mandy
11.30 - 12.15	Total Strength	Abbi
12.30 - 13.15	Pilates	Kate
13.30 - 14.15	Pilates	Kate
14.45 - 15.30	Mindful Yoga	Victoria
17.30 - 18.30	Body Conditioning	Mandy

WEDNESDAY 28TH

10.30 - 11.15	Fit Steps	Amanda
11.30 - 12.15	Pilates	Amanda
12.30 - 13.15	HIIT	Dillon
13.30 - 14.30	Mindful Yoga	Victoria
14.45 - 15.30	Body Blast Circuit	Gym Team
17.30 - 18.30	Total Strength	Emma

THURSDAY 29TH

10.30 - 11.15	Waterfit*	Claire
10.30 - 11.15	Zumba	Emma
11.30 - 12.15	Body Combo	Emma
12.30 - 13.30	Yoga & Stretch	Rosemary
13.45 - 14.30	Pilates	Vicky
14.45 - 15.30	HIIT	Gym Team
17.30 - 18.30	Legs, Bums & Tums	Mandy
19.00 - 19.45	Waterfit*	Mandy

FRIDAY 1ST

07.30 - 08.15	Outdoor Bootcamp**	Gym Team
10.30 - 11.15	Dance Fusion	Anna
11.30 - 12.15	HIIT	Abbi/Dillon
12.30 - 13.15	Mindful Yoga+	Fiona
13.30 - 14.15	Pilates	Fiona
14.30 - 15.15	Total Strength	Gym Team
17.30 - 18.30	Pilates	Cat

SATURDAY 2ND

10.30 - 11.15	Outdoor Bootcamp**	Mandy
11.30 - 12.15	Legs, Bums & Tums	Mandy
13.00 - 14.00	Social Tennis	Jon
17.30 - 18.30	Mindful Yoga	Victoria

SUNDAY 3RD

10.30 - 11.15	Outdoor Bootcamp**	Gym Team
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