



THE RUNNYMEDE  
ON THAMES

# APRIL CLASS TIMETABLE

## FROM 2<sup>ND</sup> APRIL

### MONDAY

|               |                   |          |
|---------------|-------------------|----------|
| 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 | HIIT              | Gym Team |
| 17.30 - 18.30 | Total Strength    | Jon      |

### TUESDAY

|               |                   |          |
|---------------|-------------------|----------|
| 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

|               |                |          |
|---------------|----------------|----------|
| 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 | Mindful Yoga   | Ali      |
| 17.30 - 18.30 | Total Strength | Emma     |

### THURSDAY

|               |                   |          |
|---------------|-------------------|----------|
| 10.30 - 11.15 | Waterfit*         | Janet    |
| 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

|               |                |             |
|---------------|----------------|-------------|
| 10.30 - 11.15 | Dance Fusion   | Anna        |
| 11.30 - 12.15 | HIIT           | Abbi/Dillon |
| 12.30 - 13.30 | Mindful Yoga+  | Fiona       |
| 13.45 - 14.30 | Pilates        | Fiona       |
| 14.45 - 15.30 | Total Strength | Gym Team    |
| 17.30 - 18.30 | Pilates        | Cat         |

### SATURDAY

|               |                   |          |
|---------------|-------------------|----------|
| 11.30 - 12.15 | Legs, Bums & Tums | Mandy    |
| 17.30 - 18.30 | Mindful Yoga      | Victoria |

### SUNDAY

No Classes

All classes take place in the **Spa Studio** unless marked with an asterisk:

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