



THE RUNNYMEDE
ON THAMES

EARLY MAY BANK HOLIDAY

BANK HOLIDAY CLASSES

MONDAY 6TH MAY

10.30 - 11.15	Bodyblast Circuit	Tom
10.30 - 11.15	Waterfit*	Mandy
11.30 - 12.15	Step & Sculpt	Mandy
12.30 - 13.30	Yoga & Stretch	Petra
13.45 - 14.30	Precision Strength	Dillon
14.45 - 15.30	HIIT	Rob
17.30 - 18.30	Total Strength	Mandy

OPENING TIMES

SATURDAY 4TH - MONDAY 6TH MAY

08.00 - 20.00	Pool
08.00 - 20.00	Gym
10.00 - 18.00	Beauty
09.00 - 12.00	Child Swim Times
15.00 - 18.00	

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 on the **Tennis Courts**