



THE RUNNYMEDE
ON THAMES

MAY CLASS TIMETABLE

1ST - 12TH MAY (EXCLUDING MONDAY 6TH MAY)

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

10.30 - 11.15	Outdoor Bootcamp**	Mandy
11.30 - 12.15	Legs, Bums & Tums	Mandy
17.30 - 18.30	Mindful Yoga	Victoria

SUNDAY

10.30 - 11.15	Outdoor Bootcamp**	Gym Team
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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 on the **Tennis Courts**