



THE RUNNYMEDE
ON THAMES

MAY CLASS TIMETABLE

13TH - 31ST MAY (EXCLUDING 27TH)

MONDAY

07.15 - 08.00	Body Blast Circuit	Abbi
09.15 - 10.15	Step & Sculpt	Mandy
10.30 - 11.15	Waterfit*	Mandy
10.45 - 11.30	Body Sculpture	Abbi
12.00 - 13.00	Yoga & Stretch	Rosemary
13.30 - 14.15	Precision Strength	Jon
14.30 - 15.15	Total Strength	Dillon
18.00 - 19.00	Total Strength	Jon

TUESDAY

09.00 - 09.45	Waterfit	Mandy
10.00 - 11.00	Step	Mandy
11.15 - 12.00	Total Strength	Abbi
12.30 - 13.30	Pilates	Kate
13.45 - 14.30	Pilates	Kate
14.45 - 15.30	HIIT	Gym Team
18.00 - 19.00	Body Conditioning	Mandy
19.15 - 20.15	Mindful Yoga	Ali

WEDNESDAY

07.15 - 08.00	Body Blast Circuit	Dillon
09.30 - 10.15	HIIT	Dillon
10.30 - 11.15	Fit Steps	Amanda
11.30 - 12.30	Pilates	Amanda
13.15 - 14.15	Mindful Yoga	Victoria
14.30 - 15.15	Total Strength	Rob
18.00 - 19.00	Total Strength	Emma
19.15 - 20.15	Pilates (Starting 22nd)	Joe

THURSDAY

07.15 - 08.00	Body Blast Circuit	Rob
09.30 - 10.15	Zumba	Emma
10.30 - 11.15	Body Combo	Emma
10.30 - 11.15	Waterfit*	Janet
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	Waterfit*	Mandy
19.15 - 20.00	Insanity	Carolina

FRIDAY

07.15 - 08.00	Bodyblast Circuit	Tom
09.30 - 10.15	HIIT	Abbi/Dillon
10.30 - 11.30	Dance Fusion	Anna
12.00 - 13.00	Mindful Yoga	Fiona
13.15 - 14.15	Pilates	Fiona
14.30 - 15.15	Total Strength	Gym Team
18.00 - 19.00	Pilates	Cat

SATURDAY

09.30 - 10.30	Social Tennis**	Jon
09.30 - 10.30	Step & Sculpt	Mandy
10.30 - 11.30	Legs, Bums & Tums	Mandy
12.30 - 13.15	Precision Strength	Jon
17.00 - 18.00	Mindful Yoga	Victoria

SUNDAY

09.30 - 10.30	Mindful Yoga	Victoria
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**