



# FITNESS TIMETABLE



## POOL TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SWIMFIT</b> 9:15-10:00 MARIA		<b>SWIMFIT</b> 09:30 – 10:15 MARIA				
<b>AQUA</b> 10:30 – 11:15 PIPPA	<b>AQUA</b> 10:30 – 11:15 MAGGIE			<b>AQUA</b> 10:30 – 11:15 MAGGIE		
	<b>AQUA</b> 19:15 – 20:00 MAGGIE		<b>AQUA</b> 19:15 – 20:00 LILY			

## OMNIA TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OMNIA</b> <b>CIRCUITS</b> 07.00-07.45 GYM TEAM				<b>OMNIA</b> <b>CIRCUITS</b> 07.00-07.45 GYM TEAM		
		<b>OMNIA</b> <b>CIRCUITS</b> 12.30-13.15 GABY		<b>OMNIA</b> <b>HARDCORE</b> 10.30 – 11.15 JAMES		

### PLEASE NOTE

Class users are reminded to arrive promptly on order to ensure participation in class.

**Outdoor class participants are to meet the instructor at reception before the class begins.**

### BOOKING CLASSES

Classes can be booked up to a week in advance using our new online booking system. Please contact the Gym team to find out how to sign to online booking.

### GENERAL INFORMATION

Please check Gymsync for any updates

For queries related to this timetable, please contact Daren Ismay (dareni@stghltc.co.uk)



# STUDIO TIMETABLE

JANUARY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>STRENGTH &amp; CONDITIONING YOGA</b> 07.00-08.00 VICKY A		<b>STRENGTH &amp; CONDITIONING YOGA</b> 07:00-08.00 VICKY A		
<b>OH MI SPIN!</b> 08:00 – 09:00 DAREN	<b>STEP</b> 08.00 - 9.00 ALEX		<b>LBT</b> 08.00 – 09.00 ALEX	<b>BOX FIT</b> 08:15 – 09:15 MANJANA	<b>SPIN-CIRCUIT</b> 8:15-9:05 DAREN	<b>SPIN-CIRCUIT</b> 8:15-9:05 DAREN
<b>YOGA</b> 08.30-09.30 KAREN M	<b>ZUMBA</b> 09:00 – 10:00 PERRY		<b>ZUMBA</b> 09:15 – 10:15 PERRY			
<b>POWER HOUR</b> 09:35 – 10:35 ANWAR	<b>PUMP</b> 10.00-11.00 JAMES	<b>BODY SCULPT</b> 09:30 – 10:30 ANWAR	<b>CARDIO STEP</b> 10.15-11.00 ALEX	<b>LBT</b> 09:30 – 10:30 TINA	<b>FIT FOR SPORT</b> 10:00 – 11:00 BILLY	<b>SAFARI DANCE</b> 10:00 – 11:00 TRISHA
<b>PUMP HIIT UP</b> 10:35 – 11:35 DAREN	<b>BODY ART</b> 11:00 – 12:00 TINA	<b>PUMP HIIT UP</b> 10:30-11:30 DAREN	<b>JAZZ DANCE</b> 11.00-12.00 NATALIE	<b>BODY SCULPT</b> 10:30 – 11:30 ANWAR	<b>ZUMBA</b> 11:00 – 12:00 JOANNA	<b>YOGA</b> 11:00 – 12:30 KAREN
<b>BASIC PILATES</b> 11:45 – 12:45 SARAH	<b>LBT</b> 12.00-13.00 MARTINA	<b>LBT TONE</b> 11.30-12.30 TRISHA	<b>BODY ART</b> 12.00-13.00 TINA	<b>YOGA</b> 11:45 – 13:00 NICKIE	<b>STRENGTH &amp; CONDITIONING YOGA</b> 12:00-13:00 VICKY A	
<b>YIN YOGA</b> 12:45 – 13:45 NICKIE	<b>DYNAMIC YOGA</b> 13.00-14.30 KAREN M	<b>INTERMEDIATE PILATES</b> 12:30 – 13:30 JO	<b>YOGA</b> 13:15-14.45 KAREN	<b>GOLD MOVE &amp; TONE</b> 13.00-14.00 TRISHA	<b>STRENGTH &amp; CONDITIONING YOGA</b> 13.15-14.30 VICKY A	
<b>DANCE FIT</b> 13.45-14.45 ZOE		<b>ZUMBA GOLD</b> 13:30-14:30 PERRY		<b>BASIC PILATES</b> 14.30-15.30 SARAH		
<b>ADVANCED PILATES</b> 15.00-16.00 JO		<b>ADVANCED PILATES</b> 15.00-16.00 JO				
						<b>BEGINNERS YOGA</b> 17:15-18.15 VICKY B
<b>MOVE IT ON UP</b> 18:00-19:00 BELINDA	<b>SCULPT</b> 18:00 – 19:00 BELINDA	<b>LBT</b> 18:15 – 19:00 MAGGIE	<b>YIN YOGA</b> 18.00-19.00 NICKIE B	<b>KICK START THE WEEKEND</b> 18.30-19.15 ALEX		<b>IMPROVERS YOGA</b> 18.15-19.15 VICKY B
<b>PUMP</b> 19.00-20.00 PAIGE	<b>TABATA CIRCUIT</b> 19.00-20.00 BILLY	<b>PILATES</b> 19:00 – 20:00 PAMELA	<b>GLUE BOOTY CAMP</b> 19.00-19.50 GABY			
<b>YOGA</b> 20:00 – 21:00 GRACE		<b>YOGA</b> 20:00 – 21:30 KAREN M				

**MIND & BODY**

**LOW INTENSITY**

**MID INTENSITY**

**HARD CORE**

## BOOKING CLASSES

- Classes can be booked 7 days in advance.
- Classes may be booked online, through the app or at reception from 7.00am
- Online bookings can be made through [gymsync.co.uk](http://gymsync.co.uk)

- Class users are reminded to arrive promptly to ensure participation in class.
- It is the responsibility of the Member to ensure that classes are booked/cancelled, You will now receive an emailed confirmation of booking/cancellation