



FITNESS TIMETABLE



POOL TIMETABLE

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

OMNIA TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OMNIA CIRCUITS 07.00-07.45 GYM TEAM				OMNIA CIRCUITS 07.00-07.45 GYM TEAM		
		OMNIA CIRCUITS 12.30-13.15 GABY		OMNIA HARDCORE 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

WINTER 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		STRENGTH & CONDITIONING YOGA 07.00-08.00 VICKY A		STRENGTH & CONDITIONING YOGA 07:00-08.00 VICKY A		
SPIN CIRCUIT 08:00 – 09:00 DAREN	STEP 08.00 - 9.00 ALEX		LBT 08.00 – 09.00 ALEX	BOX FIT 08:15 – 09:15 MANJANA	SPIN-CIRCUIT 8:15-9:05 DAREN	SPIN-CIRCUIT 8:15-9:05 DAREN
YOGA 08.30-09.30 KAREN M	ZUMBA 09:00 – 10:00 PERRY		ZUMBA 09:15 – 10:15 PERRY			
POWER HOUR 09:35 – 10:35 MARTINA	PUMP 10.00-11.00 JAMES	BODY SCULPT 09:30 – 10:30 MARTINA	CARDIO STEP 10.15-11.00 ALEX	LBT 09:30 – 10:30 TINA	FIT FOR SPORT 10:00 – 11:00 BILLY	SAFARI DANCE 10:00 – 11:00 TRISHA
PUMP HIIT UP 10:35 – 11:35 DAREN	BODY ART 11:00 – 12:00 TINA	PUMP HIIT UP 10:30-11:30 DAREN	JAZZ DANCE 11.00-12.00 JEN D	BODY SCULPT 10:30 – 11:30 MARTINA	ZUMBA 11:00 – 12:00 JOANNA	YOGA 11:00 – 12:30 KAREN
BASIC PILATES 11:45 – 12:45 SARAH	LBT 12.00-13.00 MARTINA	LBT TONE 11.30-12.30 TRISHA	BODY ART 12.00-13.00 TINA	YOGA 11:45 – 13:00 NICKIE	STRENGTH & CONDITIONING YOGA 12:00-13:00 VICKY A	
YIN YOGA 12:45 – 13:45 NICKIE	DYNAMIC YOGA 13.00-14.30 KAREN M	INTERMEDIATE PILATES 12:30 – 13:30 JO	YOGA 13:15-14.45 KAREN	GOLD MOVE & TONE 13.00-14.00 TRISHA	STRENGTH & CONDITIONING YOGA 13.15-14.30 VICKY A	
		ZUMBA GOLD 13:30-14:30 PERRY		BASIC PILATES 14.30-15.30 SARAH		
ADVANCED PILATES 15.00-16.00 JO		ADVANCED PILATES 15.00-16.00 JO				
						BEGINNERS YOGA 17:15-18.15 VICKY B
MOVE IT ON UP 18:00-19:00 BELINDA	SCULPT 18:00 – 19:00 BELINDA	LBT 18:15 – 19:00 MAGGIE	YIN YOGA 18.00-19.00 NICKIE B	KICK START THE WEEKEND 18.30-19.15 ALEX		IMPROVERS YOGA 18.15-19.15 VICKY B
PUMP 19.00-20.00 PAIGE	TABATA CIRCUIT 19.15-20.15 BILLY	PILATES 19:00 – 20:00 PAMELA	TABATA HIIT CIRCUITS 19.15-20.00 GYM TEAM			
YOGA 20:00 – 21:00 GRACE		YOGA 20:00 – 21:30 BEVERLEY				

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

- 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