



THE RUNNYMEDE
ON THAMES

NOVEMBER CLASS TIMETABLE

MONDAY

7.15 - 8.00	Body Blast Circuit	Gym Team
9.15 - 10.15	Step & Sculpt	Mandy
10.30 - 11.15	Waterfit*	Mandy
10.45 - 11.45	Body Sculpture	Scott
12.00 - 13.00	Yoga & Stretch	Rosemary
13.30 - 14.30	Precision Strength	Jon
18.00 - 19.00	Total Strength	Jon

TUESDAY

10.00 - 11.00	Step	Mandy
11.15 - 12.15	Total Strength	Scott
12.30 - 13.30	Pilates	Kate
13.45 - 14.45	Pilates	Kate
13.30 - 14.30	Social Tennis**	Chris
18.00 - 19.00	Body Conditioning	Mandy
19.15 - 20.15	Step	Mandy

WEDNESDAY

7.15 - 8.00	Body Blast Circuit	Scott
9.30 - 10.30	Body Combo	Emma
10.45 - 11.30	Fit Steps	Amanda
11.45 - 12.45	Pilates	Amanda
13.15 - 14.15	Mindful Yoga	Victoria/ Michelle
18.00 - 19.00	Total Strength	Emma
19.15 - 20.15	Beginners Pilates	Hannah

THURSDAY

7.15 - 8.00	Box-a-Blast	Hayden
9.30 - 10.15	Zumba	Emma
10.30 - 11.30	HIIT	Gym Team
10.30 - 11.15	Waterfit*	Claire
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	Insanity	Carolina
19.15 - 20.00	Waterfit*	Mandy

FRIDAY

7.15 - 8.00	Bodyblast Circuit	Gym Team
9.30 - 10.30	HIIT	Gym Team
10.45 - 11.45	Dance Fusion	Anna
12.00 - 13.00	Mindful Yoga	Fiona
13.15 - 14.15	Pilates	Fiona
18.00 - 19.00	Pilates	Kate

SATURDAY

10.00 - 11.00	Step & Sculpt	Mandy
11.15 - 12.15	Legs, Bums & Tums	Mandy
12.30 - 13.30	Precision Strength	Jon
14.30 - 15.30	Mindful Yoga	Victoria

SUNDAY

9.00 - 10.00	Mindful Yoga	Victoria/ Bernie
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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 at the **Tennis Courts**