



Harbour Club

Group Exercise Class Timetable



Harbour Club

3 January 2017 - 12 February 2017

BOOK IT..! DO IT..! STAY FIT..!

MONDAY				
	Time	What is it?	Where is it?	Who does it?
M	07:00-07:45	Group Cycle	Spin	Renee
	08:45-09:45	Flow Yoga tt	Mind & Body	Neil
	09:30-10:15	Group Cycle	Spin	Sally J
	09:45-11:00	Kanga Yoga	Mind & Body	Rachel
	10:00-10:30	BODYPUMP™	High Energy	Chris
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	10:30-11:00	BODYBALANCE™	High Energy	Chris
	11:10-12:10	Pilates	Mind & Body	Gail
	11:10-12:10	Zumba ®	High Energy	Antje
	14:00-14:45	BODYVIVE™ tt	High Energy	Laura
E	18:30-19:15	Group Cycle	Spin	Luca
	18:30-19:15	Circuit tt	Gym Floor	Gym Team
	19:30-20:45	Fitness Yoga	Mind & Body	Claudia Maria

THURSDAY				
	Time	What is it?	Where is it?	Who does it?
M	06:45-07:30	Group Cycle tt	Spin	Abou
	08:25-09:25	Total Conditioning	High Energy	Maggie
	09:30-10:15	Step	High Energy	Suzan
	09:30-10:00	Gym Total Body tt	Gym Floor	Ben
	10:15-11:00	Zumba ®	High Energy	Suzan
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	10:30-11:45	Ashtanga Yoga	Mind & Body	Jasone
	11:00-11:45	Aqua	Pool	Suzan
	12:25-13:25	Pilates	High Energy	Gina
	E	17:00-17:30	H.I.I.T tt	Gym Floor
18:00-18:45		Aerobics	High Energy	Richard
18:50-19:35		Group Cycle	Spin	Renee
19:45-20:45		Core Stability	Mind & Body	Renee

TUESDAY				
	Time	What is it?	Where is it?	Who does it?
M	07:10-07:55	Group Cycle	Spin	Maggie
	08:00-09:00	BODYPUMP™	High Energy	Maggie
	09:30-10:25	BODYCOMBAT™	High Energy	Bruno
	09:30-10:00	Gym Total Body tt	Gym Floor	Ben
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	10:30-11:30	BODYBALANCE™	High Energy	Bruno
	10:30-11:45	Ashtanga Yoga	Mind & Body	Jasone
	11:45-12:30	Aqua	Pool	Suzan
	E	18:00-18:45	Aerobics	High Energy
18:30-19:15		RPM™	Spin	Sharon
19:20-20:35		Kanga Yoga	Mind & Body	Lisa

FRIDAY				
	Time	What is it?	Where is it?	Who does it?
M	09:30-10:15	Step	High Energy	Suzan
	09:45-11:00	Iyengar Yoga	Mind & Body	Nevin
	10:20-11:20	BODYPUMP™	High Energy	Chris
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	10:45-11:15	RPM tt	Spin	Pania
	11:10-12:10	Pilates	Mind & Body	Gail

WEDNESDAY				
	Time	What is it?	Where is it?	Who does it?
M	06:45-07:30	Total Conditioning tt	Gym Floor	Abou
	09:00-10:00	Flow Yoga tt	Mind & Body	Neil
	09:30-10:15	RPM™	Spin	Chris
	09:30-10:15	BODYVIVE™	High Energy	Laura
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	11:30-12:30	Zumba ®	High Energy	Antje
	12:30-13:30	Pilates	High Energy	Gail
E	18:00-19:00	Circuit	Gym Floor	Ephrame
	18:30-19:30	BODYPUMP™	High Energy	Maureen
	18:50-19:35	Group Cycle	Spin	Timea
	19:00-20:00	Swim Fit tt	Pool	Eddie
	19:40-20:55	Iyengar Yoga	Mind & Body	Nevin

SATURDAY				
	Time	What is it?	Where is it?	Who does it?
M	09:00-10:00	Circuit tt	Gym Floor	Ephrame
	10:00-11:00	Circuit	High Energy	Ephrame
	10:30-10:45	Abs Blast	Gym Floor	Gym Team
	10:30-11:15	Group Cycle	Spin	Robert
	11:00-12:00	Boxing Circuits	Gym Floor	Alex
	11:30-13:00	Iyengar Yoga	Mind & Body	Nevin
E	18:00-19:00	Dance Fitness tt	High Energy	Kimberley

SUNDAY				
	Time	What is it?	Where is it?	Who does it?
M	10:00-11:00	Total Conditioning	Gym Floor	Dennis
	10:00-11:00	Pilates	High Energy	Gina
	10:30-11:30	Jivamukti Yoga	Mind & Body	Valia
	11:15-12:15	Step	High Energy	Richard
E	18:00-19:15	Kanga Yoga	Mind & Body	Katrin

PAPER TIMETABLES WILL NO LONGER BE AVAILABLE AT RECEPTION FROM JANUARY 2017

Book classes and find the latest activity schedule is also available on our website or call 0207-266-9300 for more details. This timetable is correct at the time of printing however, is subject to change with no notice. Please speak to reception or Group Exercise coordinator for updates, feedbacks and any questions.

M Morning
E Evening
tt Term Time only