



**MONDAY**

9.45 - 10.45	Body Pump <b>NEW TIME</b>	Stephanie
9.30 - 10.00	HIIT	Tracy
9.30 - 10.15	RPM <b>NEW TIME</b>	Janine
10.00 - 10.30	Core	Tracy
10.50 - 11.50	Body Balance <b>NEW TIME</b>	Stephanie
10.45 - 12.15	Yoga	Sue
12.30 - 1.15	Body Conditioning	Shelley
12.40 - 1.25	Pilates	Zoë
1.30 - 2.15	Pilates	Zoë
6.30 - 7.15	RPM	Graham
6.45 - 7.30	Body Attack	Nancy
7.30 - 8.30	Body Pump	Nancy
7.45 - 9.00	Yoga	Clare

**TUESDAY**

6.15 - 7.00	RPM	Graham
9.30 - 10.30	Body Conditioning	Shelley
9.30 - 10.30	Fighting Fit	Natasha
10.45 - 11.30	Zumba	Natasha
11.00 - 11.45	Aqua	Sophie
11.00 - 11.45	Body Step	Nancy
12.15 - 1.00	Pilates	Jo-Ann
1.15 - 2.00	Pilates	Jo-Ann
6.30 - 7.30	Body Balance	Caroline
6.30 - 7.15	RPM	Chris
6.45 - 7.30	LBT	Sara
7.30 - 8.30	Konga	Georgia
7.30 - 8.15	Pilates	Katie
8.00 - 8.45	Aqua	Sara

**WEDNESDAY**

9.00 - 9.45	Spin	Colette
9.15 - 10.15	Pilates	Emma
9.30 - 10.15	Aerobics	Tina
10.00 - 10.45	Spin	Colette
10.15 - 10.45	Core	Tina
10.30 - 11.00	LBT	Tracy
11.00 - 11.30	Core	Tracy
11.00 - 12.00	Body Pump	Nikki
12.15 - 1.00	Pilates	Barbara
1.15 - 2.30	Yoga	Debs
6.30 - 7.15	LBT	Sara
6.30 - 7.15	Pilates	Katie
7.15 - 8.00	Body Balance	Martine
7.15 - 8.15	HIIT/Core	Lisa
8.15 - 9.30	Yoga	Terry

**THURSDAY**

9.30 - 10.30	Konga	Georgia
9.30 - 10.15	LBT	Tracy
10.15 - 10.45	Core Class	Tracy
11.00 - 11.45	Body Balance	Shelley
11.00 - 11.45	Aqua	Stuart
11.15 - 12.00	RPM <b>NEW</b>	Tracy
12.00 - 12.45	Dance	Shelley
12.00 - 1.00	Active For Life	Stuart
1.15 - 2.00	Pilates	Stuart
6.30 - 7.15	Body Step	Nancy
7.00 - 7.45	Spin	Laura
7.20 - 8.05	Body Attack	Nancy
7.20 - 8.05	Body Pump	Lisa
8.15 - 9.45	Tae Kwon-do	Tom

**FRIDAY**

9.30 - 10.15	Body Step	Shelley
9.30 - 10.30	Dance	Pauline
9.30 - 10.15	RPM	Tracy
10.30 - 11.15	Aqua	Sara
10.30 - 11.00	Core	Shelley
10.45 - 11.45	Stretch	Pauline
11.00 - 11.45	Body Pump	Shelley
11.50 - 12.35	Pilates	Jo-Ann
12.45 - 1.30	Pilates	Jo-Ann
1.45 - 3.00	Yoga	Clare
6.30 - 7.15	Sh'bam	Nancy

**SATURDAY**

8.15 - 9.15	Step	Natasha
8.30 - 9.15	Body Balance	Caroline
9.00 - 9.45	RPM	Graham
9.20 - 10.05	Body Balance <b>NEW TIME</b>	Caroline
9.15 - 10.15	Zumba	Natasha
10.15 - 11.00	Body Conditioning <b>NEW</b>	Natasha
10.15 - 11.00	Pilates	Virginie
10.00 - 10.45	RPM	Graham
11.10 - 11.55	Pilates <b>NEW TIME</b>	Virginie
12.15 - 1.00	Aqua	Sara
12.15 - 1.45	Tae Kwon-do	Tom
12.30 - 2.00	Yoga	Karen
5.00 - 5.45	Spin	Nancy

**SUNDAY**

8.30 - 9.30	Yoga	Terry
9.00 - 10.00	Body Pump	Emma
9.30 - 10.15	Spin	Laura/Angela
10.15 - 11.15	HIIT/Core	Harriet
10.15 - 11.00	Body Balance	Emma
11.00 - 11.45	Pilates	Emma

STUDIO 1 STUDIO 2 GROUP CYCLE POOL



# Pavilion Club

Health • Tennis • Leisure

## **All our classes are safe, effective and FUN!**

To attend the Pilates classes you must first complete an introductory workshop which runs every month, details of our workshops are available from reception.

Everyone is encouraged to work at their own pace with alternatives offered for each exercise.

Make sure that you drink lots of water whilst working out, this will prevent dehydration and allow you to keep going!

*Thank you*

**Tracy**

STUDIO MANAGER

## **BOOKING**

We recommend that you get into the habit of booking your classes (up to 6 days in advance) as numbers are limited.

Bookings for classes will be held up until one minute (5 minutes for aqua) prior to the start time after which they will be allocated to the reserve list. Members missing the start of the class will be refused entry.

As a courtesy to other members on the reserve list please remember to cancel your place if you are unable to attend, either at reception or by calling the club.

N.B. Fair play policy. If any one type of class becomes oversubscribed we reserve the right to restrict the number of advanced bookings a member can make.

For the latest timetable visit: **[www.pavilionclub.co.uk/studio](http://www.pavilionclub.co.uk/studio)**

Telephone: **0208 979 2800** for bookings, cancellations and queries. **[www.pavilionclub.co.uk](http://www.pavilionclub.co.uk)**