

VILLAGE

THE HOTEL CLUB

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY																							
	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio	Time	Class	Ins.	Studio																
From 06:00	06:00-06:30	CX Worx	Kelly	2	06:00-06:30	Virtual Body Pump	N/A	1	06:00-06:30	Tabata	Ria	2	06:00-06:30	GRIT Plyo	Ria	2	06:00-06:45	Bootcamp	Tom	2	07:25-08:25	Virtual Body Balance	N/A	1	06:30-07:15	Body Attack	Nicola	1	06:00-06:30	Grit Cardio	Tom	2	08:30-09:30	Body Pump	Paul	2								
	06:35-07:20	Body Combat	Kelly	2	06:35-07:05	Virtual ShBam	N/A	1	06:45-07:15	Gym Blast	PT	Gym	06:00-06:45	Virtual ShBam	N/A	1	06:35-07:05	GRIT Cardio	Ria	1	08:40-09:10	Virtual CX Worx	N/A	1	06:35-07:20	Body Pump	Ria	2	06:45-07:15	Gym Blast	PT	Gym	09:30-10:30	Body Attack	Paul	1								
	07:30-08:30	Virtual Body Pump	N/A	1	06:35-07:05	CX Worx	Scott	2	06:35-07:20	Body Pump	Ria	2	06:50-07:50	Virtual Body Pump	N/A	1	07:05-07:50	Virtual ShBam	N/A	1	09:30-10:30	Body Step	Darren	2	07:30-08:30	Virtual Body Pump	N/A	1	07:05-07:35	Virtual CX Worx	N/A	1	10:45-11:30	Kids Fitness Age 4-7	Claire	2								
	08:35-09:05	Virtual Shbam	N/A	1	07:15-08:15	Virtual Body Balance	N/A	1	07:05-07:35	Virtual CX Worx	N/A	1	08:00-08:30	Virtual CX Worx	N/A	1	08:00-08:30	Virtual CX Worx	N/A	1	11:00-12:00	Yoga	Adrian	1	08:35-09:05	Virtual Shbam	N/A	1	07:40-08:40	Virtual Body Balance	N/A	1	08:35-09:05	Virtual Body Combat	N/A	1	12:00-12:15	Kids Fitness Age 2-3	Claire	2				
From 09:30	09:30-10:30	Body Pump	Linda	2	09:30-10:30	Body Combat	Kelly	1	09:30-10:15	Body jam	Kelly	2	09:30-10:30	Body Step	Linda	2	09:30-10:30	Body Pump	Aimee	2	11:30-12:15	Kids Fitness Age 2-3	Claire	2	09:30-10:30	Body Balance	Jenni	1	09:30-10:30	Body Balance	Amanda	1	09:30-10:30	Body Attack	Jenni	1	12:00-13:00	Body Jam	Kelly	1				
	09:30-10:30	Body Balance	Jenni	1	09:30-10:30	Body Pump	Aimee	2	09:30-10:30	Yoga	Louise	1	10:40-11:40	Body Balance	Jenni	1	10:40-11:40	Body Balance	Jenni	1	12:15-13:00	Kids Fitness Age 8-12	Claire	2	10:40-11:10	GRIT Cardio	Ria	1	10:40-11:40	Body Balance	Jenni	1	10:40-11:10	Body Balance	Eve	1	13:00-13:45	Kids Fitness Age 13-16	Claire	2				
From 10:30	10:40-11:10	GRIT Cardio	Ria	1	10:40-11:40	Body Balance	Eve	1	10:40-11:10	GRIT Cardio	Tom	1	11:15-11:45	Virtual Body Combat	N/A	1	11:15-12:00	Body Pump	Lesley	2	11:15-12:00	Body Pump	Lesley	2	11:15-12:00	Body Pump	Lesley	2	11:15-12:00	Body Pump	Lesley	2	11:15-12:00	Body Pump	Lesley	2	14:00-14:30	Gym Blast	PT	Gym	14:00-15:00	Virtual Body Pump	N/A	1
	10:40-11:40	Body Vive	Linda	2																																								
From 11:00	11:45-12:15	CX Worx	Linda	1	11:15-12:00	Body Vive	Linda	2	11:15-12:00	Body Pump	Lesley	2	11:50-12:35	Body Pump	Lesley	2	12:00-12:30	Grit Strength	Aimee	2	12:00-12:45	Body Attack	Darren	1	12:00-12:30	Grit Strength	Aimee	2	12:00-12:30	Grit Strength	Aimee	2	12:00-12:30	Grit Strength	Aimee	2	12:00-12:30	Grit Strength	Aimee	2				
From 12:00	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Abs Blast	Aimee	2	12:30-13:00	Abs Blast	Aimee	2	12:30-13:00	Abs Blast	Aimee	2	12:30-13:00	Abs Blast	Aimee	2	12:30-13:00	Abs Blast	Aimee	2	12:30-13:00	Abs Blast	Aimee	2				
	12:15-12:45	Tabata	Aimee	2	12:15-12:45	ShBam	Jenni	1	12:00-12:45	Body Attack	Darren	1	12:45-13:30	Bootcamp	Tom	2	13:00-13:45	Body Step	Linda	2	12:45-13:30	Bootcamp	Tom	2	13:00-14:00	Pilates	Jenni	1	13:00-14:00	Pilates	Jenni	1	13:00-14:00	Pilates	Jenni	1	13:00-14:00	Pilates	Jenni	1	13:00-14:00	Pilates	Jenni	1
	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Gym Blast	PT	Gym	12:30-13:00	Gym Blast	PT	Gym	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1	13:05-14:05	Body Balance	Eve	1
	13:00-13:45	Body Pump	Aimee	2	13:15-14:00	Aqua Aerobics	Eve	Pool	13:05-14:05	Body Balance	Eve	1																																
From 14:00	14:40-15:40	Virtual Body Balance	N/A	1	14:00-15:00	Virtual Body Combat	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:15-15:15	Virtual Body Balance	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1	14:30-15:30	Virtual Body Pump	N/A	1				
	15:45-16:30	Virtual ShBam	N/A	1	15:00-16:20	Virtual ShBam	N/A	1	15:45-16:15	Virtual CX Worx	N/A	1	15:30-16:15	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1	15:45-16:30	Virtual ShBam	N/A	1				
From 17:00	17:00-17:30	MetaFit	Lee	1	17:00-17:30	Tabata	Aimee	2	17:30-18:30	Body Attack	Darren	1	17:00-17:30	GRIT Plyo	Ria	2	17:40-18:10	CX Worx	Gavin	2	17:00-17:30	GRIT Plyo	Ria	2	17:40-18:10	CX Worx	Gavin	2	17:00-17:30	GRIT Plyo	Ria	2	17:40-18:10	CX Worx	Gavin	2	17:00-17:30	GRIT Plyo	Ria	2				
	17:30-18:30	Body Step	Aimee	2	17:00-18:00	Body Vive	Linda	1	17:45-18:45	Body Pump	Eve	2	17:45-18:15	Tabata	Ria	1	18:15-19:00	Body Attack	Gavin	2	18:15-19:00	Body Attack	Gavin	2	18:15-19:00	Body Attack	Gavin	2	18:15-19:00	Body Attack	Gavin	2	18:15-19:00	Body Attack	Gavin	2	18:15-19:00	Body Attack	Gavin	2				
	17:45-18:30	ShBam	Emily	1	17:35-18:05	GRIT Strength	Aimee	2	18:35-19:35	Body Balance	Jenni	1	18:00-19:00	Body Step	Darren	2	19:05-19:50	Body Pump	Gavin	2	19:05-19:50	Body Pump	Gavin	2	19:05-19:50	Body Pump	Gavin	2	19:05-19:50	Body Pump	Gavin	2	19:05-19:50	Body Pump	Gavin	2	19:05-19:50	Body Pump	Gavin	2				
	18:35-19:35	Body Attack	Gavin	2	18:00-18:45	Body Attack	Paul	1	18:50-19:20	Metafit	Eve	2	18:30-19:30	Virtual Body combat	N/A	1	19:30-20:00	Gym blast	PT	Gym	19:30-20:00	Gym blast	PT	Gym	19:30-20:00	Gym blast	PT	Gym	19:30-20:00	Gym blast	PT	Gym	19:30-20:00	Gym blast	PT	Gym	19:30-20:00	Gym blast	PT	Gym				
	18:45-19:45	Body Combat	Kelly	1	18:15-19:15	Body Pump	Ria	2	19:30-20:30	Yoga	Louise	1	19:05-19:35	CX Worx	Darren	2	20:10-21:10	Virtual Body Pump	N/A	1	20:10-21:10	Virtual Body Pump	N/A	1	20:10-21:10	Virtual Body Pump	N/A	1	20:10-21:10	Virtual Body Pump	N/A	1	20:10-21:10	Virtual Body Pump	N/A	1	20:10-21:10	Virtual Body Pump	N/A	1				
	19:40-20:10	Grit Strength	Lee	2	19:30-20:30	Zumba	Kerry	1	19:30-20:00	Gym Blast	PT	Gym	20:50-21:35	Virtual ShBam	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1	21:15-21:45	Virtual Body Balance	N/A	1				
	19:50-20:35	Body Balance	Kelly	1	20:00-20:30	Gym Blast	PT	Gym	20:40-21:40	Virtual Body Combat	N/A	1																																
	20:00-20:30	Gym Blast	PT	Gym																																								

SUNDAY			
Time	Class	Ins.	Studio
09:00-10:00	Body Combat	Pam	2
09:00-09:30	Gym Blast	PT	Gym
09:00-09:45	BTM (Kids) Age 2-3	Angela	1
10:05-10:50	BTM (Kids) Age 4-5	Angela	1
10:05-11:05	Body Pump	Pam	2
11:10-11:40	CX Worx	Pam	2
10:50-11:35	BTM (Kids) Age 6-7	Angela	1
11:40-12:25	BTM (Kids) Age 8-12	Angela	1
11:45-12:15	GRIT Strength	Lee	2
12:20-12:50	GRIT Plyo	Lee	2
12:30-13:15	BTM (Kids) Age 13-16	Angela	1
13:30-14:30	Virtual Body Balance	N/A	1
14:45-15:30	Virtual ShBam	N/A	1
15:00-16:00	Yoga	Adrian	2
15:45-16:45	Virtual Body Pump	N/A	1
17:00-17:30	Virtual CX Worx	N/A	1
17:45-18:45	Virtual Body Combat	N/A	1
18:00-20:00	Virtual Body Balance	N/A	1

- BTM (Born To Move) are Les Mills kids classes. Please ask reception for more details and to reserve your child a space.
 - We ask that you arrive at least 5 minutes before the start time of your class. If you are late, your place may be offered to another member.
 - For your safety and those of other members, please DO NOT enter the studio once the class has commenced.
 - It is important you advise the instructor if you are new to class or have any medical conditions they should be aware of.
 - Grab a Fitness Coach from the gym floor to help you set up for our Virtual classes if you are new! Keep your workout safe and effective.
ENJOY YOUR WORKOUT!