



**HALE**  
COUNTRY CLUB & SPA

a **THG** company

## TIMETABLE

Whilst attending classes we respectfully request you adhere to our club standards. This includes sharing equipment, tidying up equipment and being on time for classes.

We have also recently introduced a **'strike' system**. If you cancel a class within 24 hours of the start time you will incur a strike on your account. This strike will remain on your account for 14 days.

If you receive 3 strikes within a 14 day period you will be blocked from booking classes for 14 days. We have implemented this in order to minimise the amount of 'no shows' to classes thus maximising the potential spaces for members.

## MONDAY

| Time        | Class               | Instructor | Studio         |
|-------------|---------------------|------------|----------------|
| 6.30-7.15   | Bootcamp            | Stuart     | Dance          |
| 9.20-10.20  | Yoga and Meditation | Maria      | Kaizen         |
| 09.30-10.15 | Spininterval        | Victoria   | Cycle          |
| 09.30-10.20 | Zumba               | Becci      | Dance          |
| 10.00-11.00 | All Level Tennis    | Shona      | Tennis Court   |
| 10.30-11.15 | Spindurance         | Victoria   | Cycle          |
| 10.30-11.30 | Pump FX             | Katy       | Dance          |
| 10.45-11.30 | Aquacise            | Sue        | Pool           |
| 11.00-12.00 | Pilates             | Alex       | Kaizen         |
| 12.00-13.15 | Hatha Yoga          | Janet      | Kaizen         |
| 17.30-18.10 | Spininterval        | Sarah      | Cycle          |
| 18.15-19.00 | Bootcamp            | Regan      | Dance/Out-door |
| 18.15-19.00 | Barre Hiit          | Sarah      | Kaizen         |
| 18.15-19.00 | Spindurance         | Bertrand   | Cycle          |
| 18:30-20:00 | Competitive Doubles | Shona      | Tennis Court   |
| 19:00-19:15 | Ab Attack           | Sarah      | Kaizen         |
| 19.00-20.00 | Group PT            | Rebecca    | Gym Floor      |
| 19.15-20.15 | Body Tone           | Bertrand   | Dance          |
| 19.15-20.30 | Ashtanga Yoga       | Kate       | Kaizen         |

## TUESDAY

| Time        | Class                 | Instructor | Studio          |
|-------------|-----------------------|------------|-----------------|
| 6.45-7.15   | Spininterval          | Simone     | Cycle           |
| 6.45-7.15   | P90X                  | Ruth       | Dance           |
| 7.00-8.00   | Group PT              | Kate M     | Gym Floor       |
| 9.00-9.20   | Spintroduction        | Anoushka   | Cycle           |
| 9.30-10.00  | Metafit               | Jonathan   | Dance           |
| 9.30-10.15  | Spininterval          | Anoushka   | Cycle           |
| 10.00-10.45 | Barre Pilates         | Sarah      | Kaizen          |
| 10.00-10.45 | Sculpt                | Jonathan   | Dance           |
| 10.30-11.00 | Spinsync              | Anoushka   | Cycle           |
| 10.50-11.30 | Splash Dance          | Jonathan   | Pool            |
| 11.15-12.30 | Restorative Flow      | Lucy       | Kaizen          |
| 14.00-15.00 | Pilates               | Alex       | Kaizen          |
| 17.45-18.15 | Spintroduction        | Heidi      | Cycle           |
| 18.00-19.00 | KO Boxing             | Ben        | Dance           |
| 18.00-19.00 | Women's Weightlifting | Steve F    | Gym Floor       |
| 18.15-19.00 | Spininterval          | Bertrand   | Cycle           |
| 18.45-19.45 | Pilates               | Heidi      | Kaizen          |
| 19.00-19.45 | Spinsync              | Bertrand   | Cycle           |
| 19.00-19.45 | Intense Zone          | Stuart     | Functional Room |
| 19.00-20.00 | Pump                  | Claire     | Dance           |

## WEDNESDAY

| Time        | Class                        | Instructor | Studio          |
|-------------|------------------------------|------------|-----------------|
| 6.30-7.15   | Bootcamp                     | Stuart     | Dance           |
| 6.45-7.30   | Spinsync                     | Steve      | Cycle           |
| 7.00-8.00   | Group PT                     | Kate M     | Gym Floor       |
| 9.00-10.00  | Intermediate Weight Training | Joel       | Gym Floor       |
| 9.15-10.00  | Spindurance                  | Sarah      | Cycle           |
| 9.15-10.00  | Zumba                        | Becci      | Dance           |
| 9.30-10.15  | Aquacise                     | Sandra     | Pool            |
| 10.00-10.45 | Spininterval                 | Sarah      | Cycle           |
| 10.00-10.45 | Fight FX                     | Katy       | Dance           |
| 10.00-11.00 | Barre Pilates                | Tracey     | Kaizen          |
| 10.45-11.30 | Pump                         | Becci      | Dance           |
| 11.00-11.45 | Barre Pilates                | Tracey     | Kaizen          |
| 12.00-13.00 | Hatha Yoga                   | Lisa       | Kaizen          |
| 17.45-18.30 | Sculpt                       | Jonathan   | Dance           |
| 18.30-19.00 | Metafit                      | Jonathan   | Dance           |
| 18.00-19.00 | Pilates                      | Tracey     | Kaizen          |
| 18.00-19.00 | Circuit Challenge            | Stuart     | Functional Room |
| 18.35-19.15 | Spinsync                     | Steve      | Cycle           |
| 19.00-19.50 | Beginners Yoga               | Sophie     | Kaizen          |
| 19.00-19.30 | Six Pack Attack              | Jonathan   | Dance           |
| 20.00-21.00 | Vinyassa Flow Yoga           | Sarah      | Kaizen          |

## THURSDAY

| Time        | Class                 | Instructor | Studio    |
|-------------|-----------------------|------------|-----------|
| 6.45-7.30   | Spindurance           | Anoushka   | Cycle     |
| 7.30-8.00   | Metafit               | Anoushka   | Dance     |
| 7.30-8.30   | StrongMan             | Jamie      | Gym Floor |
| 8.00-8.45   | Spinsync              | Anoushka   | Cycle     |
| 8.50-9.15   | Spintroduction        | Anoushka   | Cycle     |
| 9.00-9.30   | Insanity              | Ruth       | Dance     |
| 9.30-10.15  | Spininterval          | Anoushka   | Cycle     |
| 9.30-10.15  | Body Tone             | Nikki      | Dance     |
| 10.00-11.00 | Yin Yoga              | Kate       | Kaizen    |
| 10.15-11.00 | Kettlecise            | Anoushka   | Dance     |
| 11.00-12.00 | Pilates               | Alex       | Dance     |
| 11.00-11.45 | Aquacise              | Anoushka   | Pool      |
| 18.00-19.00 | Pro Circuit           | Bertrand   | Dance     |
| 18.00-19.00 | Women's Weightlifting | Steve F    | Gym Floor |
| 18.15-19.00 | Spinsync              | Katy       | Cycle     |
| 19.00-20.00 | Body Pump             | Bertrand   | Dance     |
| 19.00-20.00 | Hot Yoga              | Amanda     | Kaizen    |
| 20.15-21.15 | Hot Yoga              | Amanda     | Kaizen    |
| 20.15-21.15 | Touch Tennis          | Shona      | Dance     |

## FRIDAY

| Time        | Class             | Instructor | Studio    |
|-------------|-------------------|------------|-----------|
| 6.45-7.30   | Bootcamp          | Ruth       | Dance     |
| 9.00-10.00  | Gym Workshop      | Joel       | Gym Floor |
| 9.30-10.15  | Spindurance       | Steph      | Cycle     |
| 9.30-10.30  | Pilates           | Tracey     | Dance     |
| 9.30-10.30  | Sculpt            | Jonathan   | Dance     |
| 10.30-11.20 | Diva Fever        | Jonathan   | Dance     |
| 10.30-11.30 | Hatha Yoga        | Lisa       | Kaizen    |
| 11.30-12.00 | Spinsync          | Jonathan   | Cycle     |
| 12.00-12.25 | Six Pack Attack   | Jonathan   | Dance     |
| 17.15-17.45 | Metafit           | Katy       | Dance     |
| 18.45-17.45 | Yoga & Meditation | Maria      | Kaizen    |

## SUNDAY

| Time        | Class            | Instructor | Studio       |
|-------------|------------------|------------|--------------|
| 9.00-9.45   | Spinsync         | Simone     | Cycle        |
| 9.00-10.00  | Bootcamp         | Steve      | Gym Floor    |
| 9.30-10.15  | Step             | Bertrand   | Dance        |
| 10.00-10.45 | Spininterval     | Sarah      | Cycle        |
| 10.00-11.00 | All Level Tennis | Shona      | Tennis Court |

## SATURDAY

| Time        | Class                | Instructor | Studio       |
|-------------|----------------------|------------|--------------|
| 9.00-9.30   | Hale Hiit            | Ruth       | Dance        |
| 9.15-10.00  | Spindurance          | Victoria   | Cycle        |
| 9.30-10.00  | Six Pack Attack      | Ruth       | Dance        |
| 10.00-10.45 | Body Tone            | Sarah      | Dance        |
| 10.00-10.45 | Spinterval           | Victoria   | Cycle        |
| 10.45-11.45 | Zumba                | Sarah      | Dance        |
| 11.00-12.00 | Green Tennis         | Shona      | Tennis Court |
| 11.30-12.30 | Strength/Performance | Josh       | Gym Floor    |
| 12.30-13.30 | Strength/Performance | Josh       | Gym Floor    |
| 12.30-13.45 | Ashtanga Yoga        | Mike       | Kaizen       |