



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	Spinsync	Steve	Spin
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	Becci	Dance
10.45-11.30	Aquacise	Charlotte	Pool
11.00-12.00	Pilates	Alex	Kaizen
12.00-13.15	Hatha Yoga	Janet	Kaizen
17.30-18.10	Spininterval	Sarah	Cycle
18.00-19.00	Body Attack	Josh	Dance
18.15-19.00	Bootcamp	Jack	Dance/Outdoor
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	Monday Motivation	Rebecca	Gym Floor
19.00-20.00	Body Tone	Bertrand	Dance
19.15-20.30	Ashtanga Yoga	Kate	Kaizen

## TUESDAY

Time	Class	Instructor	Studio
6.30-7.00	Insanity	Ben	Dance
6.45-7.15	Spininterval	Simone	Cycle
9.00-9.20	Spintrouction	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	Spintrouction	Heidi	Cycle
18.00-19.00	KO Boxing	Ben	Dance
18.00-19.00	Women's Weightlifting	Alistair	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 R'm
19.00-20.00	Pump	Claire	Dance

## WEDNESDAY

Time	Class	Instructor	Studio
6.30-7.15	Bootcamp	Stuart	Dance
6.30-7.15	Spinsync	Steve	Cycle
9.15-10.00	Spindurance	Sarah	Cycle
9.15-10.00	Zumba	Becci	Dance
10.00-10.45	Spininterval	Sarah	Cycle
10.00-10.45	Strong	Becci	Dance
10.00-11.00	Barre Pilates	Tracey	Kaizen
10.45-11.30	Pump	Becci	Dance
11.00-11.45	Barre Pilates	Tracey	Kaizen
11.30-12.15	Aquacise	Sandra	Pool
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 R'm
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	Sarah	Cycle
7.30-8.30	StrongMan	Jack	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
11.15-12.15	Pilates	Alex	Dance
11.00-11.45	Aquacise	Anoushka	Pool
18.00-19.00	Pro Circuit	Bertrand	Dance
18.15-19.00	Spinsync	Bertrand	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
6.10-6.55	Spinterval	Simone	Cycle
6.45-7.30	Bootcamp	Ruth	Dance
9.30-10.15	Spindurance	Steph	Cycle
9.15-10.15	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	Metafit	Jonathan	Dance
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	Gym Team	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	Stuart	Gym Floor
12.30-13.30	Ying/Yang Yoga	Sarah	Gym Floor
12.30-13.45	Stength/Performance	Josh	Kaizen

Time	Class	Instructor	Studio
10.15-11.00	Body Blast	Bertrand	Dance
11.00-12.00	Body Pump	Bertrand	Dance
12.30-13.30	Family Karate	Jason	Dance
12.00-13.15	Yin Yoga	Kate	Kaizen