



HALE
COUNTRY CLUB & SPA






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	ICG Indoor Cycle 	Simone	Spin
9.20-10.20	Yoga and Meditation	Maria	Kaizen
09.30-10.15	ICG Indoor Cycle 	Victoria	Cycle
09.30-10.20	Zumba	Becci	Dance
10.00-11.00	All Level Tennis	Shona	Tennis Court
10.30-11.15	ICG Indoor Cycle 	Victoria	Cycle
10.30-11.30	Pump	Becci	Dance
10.45-11.30	Aquacise	Charlotte	Pool
11.30-12.15	Body Attack	Rebecca	Dance
11.00-12.00	Pilates	Alex	Kaizen
12.00-13.15	Hatha Yoga 	Janet	Kaizen
17.30-18.10	ICG Indoor Cycle	Sarah	Cycle
18.00-19.00	Body Attack	Steve	Dance
18.15-19.00	Barre Hiit 	Sarah	Kaizen
18.15-19.00	ICG Indoor Cycle	Bertrand	Cycle
18:30-20.00	Advanced Level Tennis	Shona	Tennis Court
19:00-19:15	Ab Attack	Sarah	Kaizen
19.00-20.00	Group PT	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	Circuit	Ben	Dance
6.30-7.15	ICG Indoor Cycle 	Simone	Cycle
9.00-9.20	ICG Introduction 	Anoushka	Cycle
9.20-10.20	Yo Chi	Sharry	Kaizen
9.30-10.00	Metafit	Jonathan	Dance
9.30-10.15	ICG Indoor Cycle 	Anoushka	Cycle
10.00-10.45	Sculpt	Jonathan	Dance
10.30-11.15	Barre Pilates	Sarah	Kaizen
10.30-11.00	ICG Indoor Cycle 	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	ICG Introduction 	Heidi	Cycle
18.00-19.00	KO Boxing	Ben	Dance
18.15-19.00	ICG Indoor Cycle 	Bertrand	Cycle
18.45-19.45	Pilates	Heidi	Kaizen
19.00-19.45	ICG Indoor Cycle 	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
6.30-7.15	ICG Indoor Cycle 	Rebecca	Cycle
9.15-10.00	ICG Indoor Cycle 	Sarah	Cycle
9.15-10.00	Zumba	Becci	Dance
10.00-10.45	ICG Indoor Cycle 	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	AquaHIIT	Ben	Pool
12.00-13.00	Hatha Yoga	Lisa	Kaizen
17.45-18.30	Sculpt	Jonathan	Dance
18.30-19.00	Metafit	Jonathan	Kaizen
18.00-19.00	Pilates	Tracey	Kaizen
18.00-19.00	Circuit Challenge	Stuart	Functional Room
18.15-18.55	ICG Indoor Cycle 	Simone	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
6.30-7.15	ICG Indoor Cycle 	Sarah	Cycle
8.00-8.45	ICG Indoor Cycle 	Anoushka	Cycle
8.50-9.15	ICG Introduction 	Anoushka	Cycle
9.00-9.30	Insanity	Ruth	Dance
9.30-10.15	ICG Indoor Cycle 	Anoushka	Cycle
9.30-10.15	Body Tone	Nikki	Dance
10.00-11.00	Yin Slow Flow 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	Women's Weightlifting	Alistair	Gym Floor
18.15-18.45	HIITSTEP	Lisa	Dance
18.15-19.00	ICG Indoor Cycle 	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	ICG Indoor Cycle 	Simone	Cycle
6.45-7.30	Bootcamp	Ruth	Dance
9.15-10.00	ICG Indoor Cycle 	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

SATURDAY

Time	Class	Instructor	Studio
9.00-9.30	Hale Hiit	Ruth	Dance
9.15-10.00	ICG Indoor Cycle 	Victoria	Cycle
9.30-10.00	Six Pack Attack	Ruth	Dance
10.00-10.45	Body Tone	Sarah	Dance
10.00-10.45	ICG Indoor Cycle 	Victoria	Cycle
10.45-11.45	Zumba	Sarah	Dance
11.30-12.30	Strength/Performance	Josh	Gym Floor
12.00-13.00	Yin/Yang Yoga	Sarah	Kaizen

SUNDAY

Time	Class	Instructor	Studio
9.00-9.45	ICG Indoor Cycle 	Simone	Cycle
9.00-10.00	Bootcamp	Stuart	Gym Floor
9.30-10.15	Step	Bertrand	Dance
9.30-11.00	All Level Tennis	Shona	Tennis Court
10.00-10.45	ICG Indoor Cycle 	Simone	Cycle

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