

FITNESS CLASSES TIMETABLE 2020

DAY	TIME	ACTIVITY	LOCATION	INSTRUCTOR	LEVEL	DESCRIPTION
MONDAY	09:00 - 10:00	Total Body Conditioning	Studio 1	Robert	Advance	LET'S BE STRONG
	09:00 - 09:45	Group Cycle	Group Cycle Studio	Emillie	Beginner	LET'S WORK IT
	10:00 - 11:00	Yoga	Studio 1	Ammie	All	LET'S FOCUS
	12:00 - 13:00	Pilates	Studio 1	Ria	Inter/Adv	LET'S FOCUS
	18:15 - 19:00	Dance Aerobics	Studio 1	Robert	All	LET'S MOVE IT
TUESDAY	08:45 - 09:30	Pilates	Studio 1	Ammie	All	LET'S FOCUS
	09:30 - 10:30	Total Body Conditioning	Studio 1	Emillie	All	LET'S BE STRONG
	09:30 - 10:15	Group Cycle	Group Cycle Studio	Patricia	All	LET'S WORK IT
	10:30 - 11:30	Zumba	Studio 1	Emillie	All	LET'S MOVE
	12:35 - 13:35	Pilates	Studio 1	Maggie	All	LET'S FOCUS
	18:00 - 18:45	Core Stability	Studio 1	Maggie	All	LET'S BE STRONG
	19:00 - 19:45	Group Cycle	Group Cycle Studio	Patricia	Inter/Adv	LET'S WORK IT
WEDNESDAY	08:00 - 08:45	Core Stability	Studio 1	Robert	All	LET'S BE STRONG
	09:15 - 10:00	Group Cycle	Studio 2	Patricia	All	LET'S WORK IT
	10:00 - 11:00	Total Body Conditioning	Studio 1	Charmaine	All	LET'S BE STRONG
	11:00 - 11:45	Core Stability	Studio 1	Charmaine	All	LET'S BE STRONG
	11:45 - 12:45	Yoga	Studio 1	Ammie	All	LET'S FOCUS
	12:45 - 13:45	Pilates	Studio 1	Ammie	All	LET'S FOCUS
	18:00 - 18:45	Pilates	Studio 1	Ammie	All	LET'S FOCUS
THUR	10:00 - 10:45	Group Cycle	Group Cycle Studio	Patricia	All	LET'S WORK IT
	11:00 - 12:00	Zumba	Studio 1	Michelle	All	LET'S MOVE
	13:00 - 14:00	Yoga	Studio 1	Ammie	All	LET'S FOCUS
	18:00 - 19:00	Pilates	Studio 1	Maggie	Intermediate	LET'S FOCUS
	19:00 - 20:00	Group Cycle	Group Cycle Studio	Patricia	Inter/Adv	LET'S WORK IT
FRIDAY	08:30 - 09:15	Core Stability	Studio 1	Ammie	All	LET'S BE STRONG
	09:15 - 10:00	Group Cycle	Studio 1	Patricia	All	LET'S WORK IT
	09:15 - 10:15	Pilates	Studio 1	Ammie	All	LET'S FOCUS
	10:15 - 11:00	Total Body Conditioning	Studio 1	Charmaine	All	LET'S BE STRONG
	12:00 - 13:00	Pilates	Studio 1	Mel	Inter/Adv	LET'S FOCUS
	18:15 - 19:15	Zumba	Studio 1	Michelle	All	LET'S MOVE
	18:30 - 19:15	Group Cycle	Group Cycle Studio	Emma	All	LET'S WORK IT
SATURDAY	08:15 - 09:00	Core stability	Studio 1	Emma	All	LET'S MOVE
	09:00 - 09:45	Zumba	Studio 1	Emillie	All	LET'S MOVE
	09:00 - 09:45	Group Cycle	Group Cycle Studio	Emma	All	LET'S WORK IT
	10:00 - 10:45	Group Cycle	Group Cycle Studio	Emillie	Inter/Adv	LET'S WORK IT
	13:00 - 14:00	Yoga	Studio 1	Robert	All	LET'S FOCUS
	14:00 - 15:00	Dance Aerobics	Studio 1	Robert	All	LET'S MOVE
SUN	08:15 - 09:15	Extreme Interval training	Studio 1	Emma	Inter/Adv	LET'S BE STRONG
	09:15 - 10:00	Total Body Conditioning	Studio 1	Emma	All	LET'S BE STRONG
	09:00 - 09:45	Group Cycle	Group Cycle Studio	Susan	All	LET'S WORK IT

Classes and Booking Terms and Conditions

Classes can be booked 14 days in advance for pre-paid members and for pay as you go members via the website www.better.org.uk/highgrove by booking at reception or by calling us on 01895 630753. Please note that failure to cancel the class without informing the centre or online before 2 hours means that a penalty charge of £3 may occur.

Please Note this is ONLY a Temporary timetable as we get through these challenging times