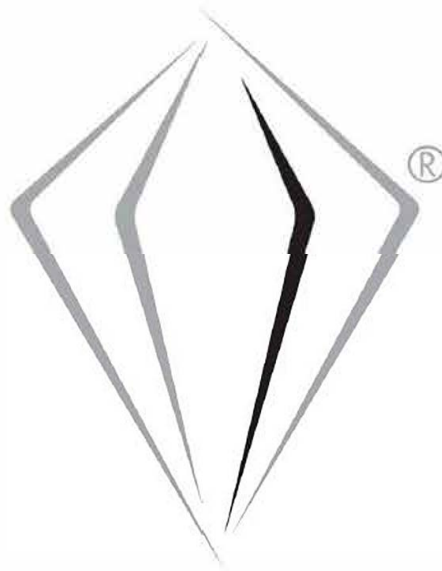


CLASS TIMETABLE

SEPT - DEC 2018



The Club
at Burntwood Court



CRYSTAL CLEAR SKINCARE

Available Now!

A range of award winning products & treatments will soon be available in The Spa, specialised in targeting...

- Ageing & lax skin
- Lines & wrinkles
- Sun damaged skin including décolletage
- Acne prone skin
- Stretch marks on the body
- Acne scarring
- Pigmentation
- Cellulite.

Speak to The Spa for more information & to book appointments.


The Spa
AT BURNTWOOD COURT

CLASS BOOKING SYSTEM

Members can book for a class up to 7 days in advance via phone, email, online or in person at The Club reception.

To book online please go to www.burntwoodcourt.co.uk/theclub & select bookings. You will require an account to log on to the booking service, so contact a member of the reception team for your login information. If you have any further questions about using the new online booking portal then please contact a member of the team. If you are unable to attend a class then please let us know so that other members can fill the vacancy. Failure to attend a class without letting us know may lead to you not being able to book for the same class the following week.



CARDIO



RESISTANCE



BODY & MIND



CORE & ABS



ZUMBA, BOKWA & DANCE



BOX WORKOUT

MONDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
06:45 - 07:30	TOTAL BODY WORKOUT	Alex or Sam	Studio 1	
08.30 - 09.00	MORNING MOVERS	Mark Brookes	Studio 1	
09.00 - 09.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
09.15 - 10.15	HATHA YOGA	Lucy Kenyon	Studio 2	
09.45 - 10.30	LEGS, BUMS & TUMS	Jayne Collins	Studio 1	
10.30 - 11.00	EASY DOES IT - AEROBICS & TONE	Jayne Collins	Studio 1	
11.00 - 11.45	FITNESS PILATES	Jayne Collins	Studio 1	
11.00 - 12.00	AQUA FIT	Mark Brookes	Pool	
11.45 - 12.15	METAFIT	Jayne Collins	Studio 1	
16.30 - 17.30	KIDS CLUB (5 - 9 YRS)	Alastair Lenaghan	Studio 1	
16.30 - 17.30	KIDS CLUB (10 - 15 YRS)	Andy Jessop	Studio 2	
18.00 - 18.45	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18.00 - 19.00	STEP & TONE	Jayne Collins	Studio 1	
18.00 - 19.00	BOXERCISE	Mark Brookes	Studio 2	
19.00 - 19.30	METAFIT (12 YEARS +)	Mark Brookes	Studio 2	
19.00 - 19.45	THE SPINNING PROGRAMME	Julie Walker	Spin Studio	
19.00 - 20.00	BOX WORKOUT	Andy Jessop	The Box	
19.00 - 20.00	PUMP	Jayne Collins	Studio 1	
19.30 - 20.30	HATHA YOGA	Lucy Kenyon	Studio 2	

NEW CLASSES

AB CAMP WITH STEPH

This class is packed with a wide variety of exercises working the abdominal muscles & full core to the maximum. A strong core ensures good spinal stability, good posture & flexibility. It enhances performance in many sports & reduces the risk of injury.

STRENGTH TRAINING WITH JAYNE

Functional Fitness is a varied & complete, fitness development programme designed for all abilities. Improve mobility & postural balance, increase strength with Gymnastics, Body weight & weight training as well as some athletic conditioning. A great class for all abilities who are looking to do something a bit different.

HATHA YOGA WITH STEPHEN

Yoga class for all, using Asana (postures), Pranayama (breathing practice) & Relaxation and meditation techniques. Helps promote flexibility, strength & increases joint mobility. Calms the mind & energies and helps to improve breathing. Aids relaxation, which helps with our focus & concentration and makes us become more mindful to help reduce stress that may occur in our everyday lives.

TUESDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
06.45 – 07.30	THE SPINNING PROGRAMME	Julie Walker	Spin Studio	
07.30 – 08.00	OMNIA CIRCUITS	Nichola Fletcher	Gym Floor	
09.00 – 09.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
09.30 – 10.30	SPLASH FIT	Steph Guest	Pool	
09.30 – 10.30	HATHA YOGA	Stephen Smith	Studio 2	
09.45 – 10.15	METAFIT	Jayne Collins	Studio 1	
10.15 – 11.00	STEP AND BODY CONDITIONING	Jayne Collins	Studio 1	
11.00 – 11.15	ABS	Jayne Collins	Studio 1	
11.00 – 12.30	TAI-CHI (INTRODUCTION 30MINS FROM 11AM)	Chris Palmer	Studio 2	
11.15 – 12.00	PUMP	Jayne Collins	Studio 1	
12.00 – 13.00	BOX FIT	Sam Smith	Studio 1	
16.30 – 17.30	KIDS CLUB (5 - 9 YRS)	Alastair Lenaghan	Studio 2	
16.30 – 17.30	KIDS CLUB (10 - 15 YRS)	Tyler Bell	Studio 1	
17.30 – 18.00	THE SPINNING PROGRAMME	Tyler Bell	Spin Studio	
18.00 – 18.30	BODY TONE	Tyler Bell	Studio 1	
18.00 - 19.00	BOX WORKOUT	Sam Smith	The Box	
18.30 - 19.00	CORE	Alastair Lenaghan	Studio 1	
19.00 - 19.30	KETTLEBELLS	Alastair Lenaghan	Studio 1	
19.30 – 20.00	METAFIT (12 YEARS +)	Mark Brookes	Studio 1	

















WEDNESDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
06:35 - 07:35	YOGA	Jess Travis	Studio 2	
07:00 - 07:30	OMNIA CIRCUITS	Alastair Lenaghan	Gym Floor	
09:00 - 9.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
09.45 - 11.15	IYENGAR YOGA	Anne Woolford	Studio 2	
10.00 - 11.00	BOX WORKOUT	Jayne Collins	The Box	
11.00 - 12.00	FITNESS PILATES	Jayne Collins	Studio 1	
12.15 - 12.45	METAFIT	Andy Jessop	Studio 1	
16.30 - 17.30	KIDS CLUB (5 - 9 YRS)	Nichola Fletcher	Studio 1	
16.30 - 17.30	KIDS CLUB (10-15 YRS)	Tyler Bell	Studio 2	
18.00 - 18.45	THE SPINNING PROGRAMME	Mark Brookes	Spin Studio	
18.00 - 19.00	BOX WORKOUT	Sam Smith	The Box	
18.00 - 19.00	AEROBICS	Nichola Fletcher	Studio 1	
18.30 - 19.30	DYNAMIC FLOWING YOGA	Lucy Kenyon	Studio 2	
19.00 - 19.30	OMNIA CIRCUITS	Nichola Fletcher	Gym Floor	
19.00 - 19.45	THE SPINNING PROGRAMME	Steph Guest	Spin Studio	
19.00 - 19.45	AQUA FIT	Mark Brookes	Pool	
19.00 - 20.00	PUMP	Alex Glymond	Studio 1	
19.30 - 20.30	ZUMBA	Lee Jones	Studio 2	






THURSDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
06.45 - 07.30	THE SPINNING PROGRAMME	Julie Walker	Spin Studio	
09.00 - 10.00	FITNESS PILATES	Jayne Collins	Studio 1	
10.00 - 10.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
10.15 - 11.00	DANCE-FIT	Hannah Williams	Studio 2	
11.00 - 12.00	BOX WORKOUT	Jayne Collins	The Box	
11.00 - 12.00	FITNESS PILATES	Hannah Williams	Studio 2	
16.30 - 17.30	KIDS CLUB (5 - 9YRS)	Nichola/Alastair/Tyler	Studio 2	
16.30 - 17.30	KIDS CLUB (10 - 15YRS)	Mark/ Andy	Studio 1	
17.45 - 18.15	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18:00 - 19:00	HATHA YOGA	Lucy Kenyon	Studio 2	
18:15 - 19:00	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18:15 - 19:15	BOX WORKOUT	Alex Glymond	The Box	
19:00 - 19.30	STEP (12 YEARS +)	Mark Brookes	Studio 1	
19:00 - 20.00	FITNESS PILATES	Terry Williams	Studio 2	
19:30 - 20.00	METAFIT (12 YEARS +)	Alex Glymond	Studio 1	





FRIDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
07.00 - 07.30	OMNIA CIRCUITS	Mark Brookes	Gym Floor	
09.00 - 09.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
09.00 - 09.45	AERO -TONE	Steph Guest	Studio 1	 
09.00 - 10.30	HATHA YOGA	Stephen Smith	Studio 2	
09.45 - 10.30	PUMP	Jayne Collins	Studio 1	 
10.00 - 10.45	SPLASH FIT	Steph Guest	Pool	 
10.30 - 11.00	METAFIT	Jayne Collins	Studio 1	 
11.00 - 12.00	STRENGTH TRAINING	Jayne Collins	The Box	
11.15 - 12.15	IYENGAR YOGA	Anne Woolford	Studio 2	
17.45 - 18.30	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18.30 - 19.15	BODY BLITZ	Nichola/Alastair/Tyler	Studio 1	 

SATURDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
08.15 - 09.00	THE SPINNING PROGRAMME	Steph Guest	Spin Studio	
09.00 - 09.15	AB CAMP	Steph Guest	Studio 1	
09.00 - 10.00	BOX WORKOUT	Alastair/Andy/ Nichola	The Box	
09.30 - 10.30	HATHA YOGA	Lucy Kenyon	Studio 2	
11.15 - 12.00	THE SPINNING PROGRAMME	Alastair/ Sam /Nichola	Spin Studio	

SUNDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
09.15 - 10.00	THE SPINNING PROGRAMME	Tyler/ Nichola/Alastair	Spin Studio	
10.00 - 11.00	BOOTY CAMP	Sandra Brown	Studio 1	 
16:00 - 17:00	BOX WORKOUT	Tyler /Nichola /Alastair	The Box	



CARDIO



RESISTANCE

BODY
& MINDCORE
& ABS

ZUMBA & DANCE

BOX
WORKOUT

SWIMMING TIMETABLE

SEPT - DEC 2018

There are two swimming zones at The Club, Burntwood Court. We have a General Swim and a Family Swim. General Swim times are for all adult members (16 years and over) and they will have full access to the pool between these times. There may be other activities within these times, for instance, Water Aerobics.

Family Swim times give children the opportunity to use the pool. All children under the age of 16 years must be supervised two-to-one by their parent or guardian as per the club rules for the building. When the children are in, the pool can become a little more energetic

so if you would prefer a more relaxing swim, you may want to avoid these times. Also please note that during the Water Aerobic sessions it may not be possible to swim if the class is fully attended. Don't forget when you go for a swim, or using the sauna, steam or hydrotherapy pool, please shower first. Please leave your towel on the hooks adjacent to the pool. On your return please ensure you towel dry first, hence helping with the cleanliness and housekeeping of the surrounding area and changing rooms. Many Thanks.

MONDAY

06.30 - 11.00 = General Swim
11.00 - 12.00 = Aqua Fit
12.00 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 21.45 = General Swim

WEDNESDAY

06.30 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 19.00 = General Swim
19.00 - 19.45 = Aqua Fit
19.45 - 21.45 = General Swim

FRIDAY

06.30 - 10.00 = General Swim
10.00 - 10.45 = Splash Fit
10.45 - 15.00 = General Swim
15.00 - 18.30 = Family Swim
18.30 - 21.45 = General Swim

TUESDAY

06.30 - 09.30 = General Swim
09.30 - 10.30 = Splash Fit
10.30 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 21.45 = General Swim

THURSDAY

06.30 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 21.45 = General Swim

SATURDAY & SUNDAY

08.00 - 11.00 = General Swim
11.00 - 15.00 = Family Swim
15.00 - 19.45 = General Swim

TEEN GYM FLOOR TIMETABLE

TEENS (AGES 12 - 15 YEARS)

MONDAY - FRIDAY	16:30 - 17:30
SATURDAY	10:00 - 12:00
SUNDAY	14:00 - 16:00

KIDS & TEEN CLASSES (5 - 15YRS)

MONDAY TO THURSDAY, 16.30-17.30

All teen classes to be booked in advance at reception. Thank you.

5 - 9 YEARS

	Monday - Alastair	Tuesday - Alastair	Wednesday - Nichola	Thursday - N/A/T
3 rd Sept	Ball Games	Dodge ball	Pool & Table Tennis	Party Games
10 th Sept	Pool & Table Tennis	Ball Games	Gymnastics & Football	Football/Rugby
17 th Sept	Dodge ball	Obstacle Course	Mini Olympics	Arts & Crafts
24 th Sept	Fun & Games	Parachute	Pool & Table Tennis	Ball Games
1 st Oct	Ball Games	Dodge ball	Games Day	Gymnastics
8 th Oct	Pool & Table Tennis	Ball Games	Playground games	Football/Rugby
15 th Oct	Dodge ball	Obstacle Course	Obstacle Course	Party Games
22 nd Oct	Fun & Games	Parachute	Ball Games	Ball Games
29 th Oct	Ball Games	Dodge ball	Arts & Crafts	Party Games
5 th Nov	Pool & Table Tennis	Ball Games	Pool & Table Tennis	Party Games
12 th Nov	Dodge ball	Obstacle Course	Gymnastics & Football	Football/Rugby
19 th Nov	Fun & Games	Parachute	Mini Olympics	Arts & Crafts
26 th Nov	Ball Games	Dodge ball	Pool & Table Tennis	Ball Games
3 rd Dec	Pool & Table Tennis	Ball Games	Games Day	Gymnastics
10 th Dec	Dodge ball	Obstacle Course	Playground games	Football/Rugby

10 - 15 YEARS

Parents & guardians are welcome to come and join in with these classes (designed for all abilities)

	Monday - Andy	Tuesday - Tyler	Wednesday - Tyler	Thursday - Mark/ Andy
3 rd Sept	Cardio & Metafit	Bodyweight Training	Cardio & HIIT	Omnia & Metafit
10 th Sept	Cardio & Omnia	Cardio & Omnia	Cardio & Omnia	Omnia & Metafit
17 th Sept	Cardio & Metafit	Cardio & HIT	Cardio & HIIT	Omnia & Metafit
24 th Sept	Cardio & Omnia	Circuits	Cardio & Omnia	Omnia & Metafit
1 st Oct	Cardio & Metafit	Cardio & Core	Cardio & HIIT	Omnia & Metafit
8 th Oct	Cardio & Omnia	Bodyweight Training	Cardio & Omnia	Omnia & Metafit
15 th Oct	Cardio & Metafit	Cardio & Omnia	Cardio & HIIT	Omnia & Metafit
22 nd Oct	Cardio & Omnia	Cardio & HIT	Cardio & Omnia	Omnia & Metafit
29 th Oct	Cardio & Metafit	Circuits	Cardio & HIIT	Omnia & Metafit
5 th Nov	Cardio & Metafit	Bodyweight Training	Cardio & HIIT	Omnia & Metafit
12 th Nov	Cardio & Omnia	Cardio & Omnia	Cardio & Omnia	Omnia & Metafit
19 th Nov	Cardio & Metafit	Cardio & HIT	Cardio & HIIT	Omnia & Metafit
26 th Nov	Cardio & Omnia	Circuits	Cardio & Omnia	Omnia & Metafit
3 rd Dec	Cardio & Metafit	Cardio & Core	Cardio & HIIT	Omnia & Metafit
10 th Dec	Cardio & Omnia	Bodyweight Training	Cardio & Omnia	Omnia & Metafit

Club Reception - 01226 707099
theclub@burntwoodcourt.co.uk