



# CLASS TIMETABLE

JANUARY - APRIL 2018

# 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](http://www.burntwoodcourt.co.uk/theclub) and 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	
07:30 - 08:00	OMNIA CIRCUITS	Tyler Bell	Gym Floor	
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 (12 YEARS +)	Jayne Collins	Studio 1	
12:15 - 12:45	OMNIA CIRCUITS	Nichola Fletcher	Gym Floor	
16:30 - 17:30	KIDS CLUB ( 5 - 9 YRS)	Andy Jessop	Studio 1	
16:30 - 17:30	KIDS CLUB ( 10 - 15 YRS)	Nichola Fletcher	Studio 2	
17:30 - 18:00	OMNIA CIRCUITS	Jaime Rawson	Gym Floor	
18:00 - 18:45	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18:00 - 19:00	ZUMBA (12 YEARS +)	Bev Scott	Studio 2	
18:00 - 19:00	BOXERCISE	Mark Brookes	Studio 1	
19:00 - 19:30	METAFIT (12 YEARS +)	Mark Brookes	Studio 2	
19:00 - 19:45	THE SPINNING PROGRAMME	Julie Brook	Spin Studio	
19:00 - 20:00	BOX WORKOUT	Andy Jessop	The Box	
19:00 - 20:00	SCULPT	Bev Scott	Studio 1	
19:30 - 20:30	HATHA YOGA	Lucy Kenyon	Studio 2	
19:30 - 20:30	NEW YEAR NEW YOU - DIET & TRAINING ADVICE *	Nichola Fletcher	Conference 1	

\* New year new you - Diet & training advice class begins on 22/1/18

# NEW CLASSES

**NEW YEAR NEW YOU - BULKING** - Jaime's class will provide general advice & tips towards diet & training regimes designed for putting weight and size on, to try to help members reach their desired goals more effectively. An optional weigh in & measuring session will be available at each class.

**NEW YEAR NEW YOU - DIET** - Nichola's class will provide general advice & tips towards diet & training regimes designed for losing unwanted weight and toning up, to try to help members reach their desired goals more effectively. An optional weigh in & measuring session will be available at each class.

**BARRE FITNESS** - Essentially, barre classes mix elements of pilates, dance, yoga and functional training, incorporating a ballet barre. The major benefits of barre are improved posture, muscle definition, weight loss, increased flexibility & reduced stress.

**AERO-TONE** - Get that Friday feeling with Aero-Tone! A light, aerobic, all over body toning class, suitable for all abilities, this class will help you ready for the weekend.

**KICK-BOXERCISE** - This non-contact class derives from the popular sport of kickboxing but with music and instructors for added motivation! You'll get a full body workout, increase stamina, tone muscles, improve balance, posture, & hand-eye coordination. All abilities are welcome. Kick-boxercise is the ideal energy boosting activity, burning mega calories and reducing stress too!

TUESDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
06.45 – 07.30	THE SPINNING PROGRAMME	Julie Brook	Spin Studio	
07.30 – 08.00	OMNIA CIRCUITS	Nichola Fletcher	Gym Floor	
08.30 - 09:00	AEROBICS AND TONE	Nichola Fletcher	Studio 1	
09.00 – 09.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
09.30 – 10.30	SPLASH FIT	Steph Guest	Pool	
09.45 – 10.15	METAFIT (12 YEARS +)	Jayne Collins	Studio 1	
10.15 – 11.15	STEP AND BODY CONDITIONING	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)	Sam Smith	Studio 2	
16.30 – 17.30	KIDS CLUB ( 10 - 15 YRS)	Jaime Rawson	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 BARBELL SKILLS	Ashley Beaumont	The Box	
18:30 - 19:00	CORE	Jaime Rawson	Studio 1	
18.30 – 19.15	THE SPINNING PROGRAMME	Tyler Bell	Spin Studio	
18.45 - 19.45	BARRE FIT	Jess Travis	Studio 2	
19:00 - 19:30	KETTLEBELLS	Jaime Rawson	Studio 1	
19.00 – 20.00	POWER LIFTING CLUB	Ashley Beaumont	The Box	
19.30 – 20.00	METAFIT (12 YEARS +)	Mark Brookes	Studio 1	
19.30 - 20.30	NEW YEAR NEW YOU - BULKING & TRAINING ADVICE *	Jaime Rawson	Conference 1	

\* New year new you - Bulking & training advice class begins on 23/1/18

**WEDNESDAY**
















TIME	CLASS	TRAINER	LOCATION	TYPE
06:35 - 07:35	YOGA	Jess Travis	Studio 2	
07:00 - 07:30	OMNIA CIRCUITS	Jaime Rawson	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 (12 YEARS +)	Mark Brookes	Studio 1	
16.30 - 17.30	KIDS CLUB ( 5 - 9 YRS)	Tyler Bell	Studio 1	
16.30 - 17.30	KIDS CLUB (10-15 YRS)	Andy Jessop	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	ZUMBA (12 YEARS +)	Bev Scott	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 - 19.30	TRX CIRCUIT	Sam Smith	The Box	
19.00 - 19.45	PUMP	Alex Glymond	Studio 1	
19.00 - 19.45	THE SPINNING PROGRAMME	Steph Guest	Spin Studio	
19.00 - 19.45	AQUA FIT	Mark Brookes	Pool	
19.30 - 20.00	AEROBICS	Nichola Fletcher	Studio 2	
19.45 - 20.15	METAFIT (12 YEARS +)	Alex Glymond	Studio 1	

**THURSDAY**








TIME	CLASS	TRAINER	LOCATION	TYPE
06:35 - 07:35	BARRE FIT	Jess Travis	Studio 2	
06.45 - 07.30	THE SPINNING PROGRAMME	Julie Brook	Spin Studio	
07.30 - 08.00	OMNIA CIRCUITS	Sam/ Nichola	Gym Floor	
09.00 - 10.00	FITNESS PILATES	Jayne Collins	Studio 1	
10.00 - 10.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
10.00 - 11.00	ACT-FIT	Nichola Fletcher	Studio 1	
11.00 - 12.00	BOX WORKOUT	Jayne Collins	The Box	
11.00 - 12.00	FITNESS PILATES *	Hannah Williams	Studio 2	
12.30 - 13.00	OMNIA CIRCUITS	Tyler/Nichola/Jaime	Gym Floor	
16.30 - 17.30	KIDS CLUB (5 - 9YRS)	Tyler/Nichola/Jaime	Studio 2	
16.30 - 17.30	KIDS CLUB (10 - 15YRS)	Mark Brookes	Studio 1	
17.45 - 18.15	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18:00 - 19.00	HATHA YOGA	Lucy Kenyon	Studio 2	
18.00 - 19.00	KICK BOXERCISE	Terry Williams	Studio 1	
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	

\* Thursday's Fitness Pilates with Hannah starts on 25/1/18

## 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	 
09.45 - 10.30	PUMP	Jayne Collins	Studio 1	 
10.00 - 10.45	SPLASH FIT	Steph Guest	Pool	
10.30 - 11.00	HI/LOW AEROBICS	Jayne Collins	Studio 1	 
11.00 - 11.45	THE SPINNING PROGRAMME	Jayne Collins	Spin Studio	
11.15 - 12.15	IYENGAR YOGA	Anne Woolford	Studio 2	
12.15 - 12.45	OMNIA CIRCUITS	Mark Brookes	Gym Floor	
17.45 - 18.30	THE SPINNING PROGRAMME	Martyn Wyatt	Spin Studio	
18.30 - 19.15	BODY BLITZ	Nichola/Jaime/ Tyler	Studio 1	 

## SATURDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
08.15 - 09.00	THE SPINNING PROGRAMME	Steph Guest	Spin Studio	
09.00 - 10.00	BOX WORKOUT	Ashley Beaumont	The Box	
09.30 - 10.30	HATHA YOGA	Lucy Kenyon	Studio 2	
10.00 - 11.00	STRENGTH & CONDITIONING	Ashley Beaumont	The Box	
11:15 - 12.00	THE SPINNING PROGRAMME	Nichola/ Jaime/Sam	Gym Floor	
16:30 - 17:00	THE SPINNING PROGRAMME	Nichola/ Jaime/Tyler	Gym Floor	
17.00 - 17.30	KETTLEBELLS	Nichola/ Jaime/Tyler	Studio 1	

## SUNDAY

TIME	CLASS	TRAINER	LOCATION	TYPE
09.15 - 10.00	THE SPINNING PROGRAMME	Nichola/ Jaime/Tyler	Spin Studio	
10.00 - 11.00	BOOTY CAMP	Sandra Brown	Studio 1	 
16:00 - 17.00	BOX STRENGTH WORKOUT	Nichola/ Jaime/Tyler	The Box	
17.00 - 18:00	ZUMBA	Bev Scott	Studio 2	
17.15 - 18.00	THE SPINNING PROGRAMME	Nichola/ Jaime/Tyler	Spin Studio	



CARDIO



RESISTANCE

BODY  
& MINDCORE  
& ABSZUMBA, BOKWA &  
DANCEBOX  
WORKOUT

# SWIMMING TIMETABLE

JANUARY - APRIL 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 - Andy	Tuesday - Sam	Wednesday - Tyler	Thursday - N/ J/ T
8 <sup>th</sup> Jan	Ball Games	Dodge ball	Welcome back - icebreaker	Party Games
15 <sup>th</sup> Jan	Pool & Table Tennis	Ball Games	Gymnastics & Football	Football/Rugby
22 <sup>nd</sup> Jan	Dodge ball	Obstacle Course	Mini Olympics	Arts & Crafts
29 <sup>th</sup> Jan	Fun & Games	Parachute	Pool & Table Tennis	Ball Games
5 <sup>th</sup> Feb	Ball Games	Dodge ball	Games Day	Gymnastics
12 <sup>th</sup> Feb	Pool & Table Tennis	Ball Games	Playground games	Football/Rugby
19 <sup>th</sup> Feb	Dodge ball	Obstacle Course	Obstacle Course	Party Games
26 <sup>th</sup> Feb	Fun & Games	Parachute	Ball Games	Ball Games
5 <sup>th</sup> March	Ball Games	Dodge ball	Arts & Crafts	Party Games
12 <sup>th</sup> March	Pool & Table Tennis	Ball Games	Team Games	Football/Rugby
19 <sup>th</sup> March	Dodge ball	Obstacle Course	Gymnastics & Football	Arts & Crafts
26 <sup>th</sup> March	Fun & Games	Parachute	Mini Olympics	Ball Games

## 10 - 15 YEARS

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

	Monday - Nichola	Tuesday - Jaime	Wednesday - Andy	Thursday - Mark
8 <sup>th</sup> Jan	Aerobics	Bodyweight Training	Cardio & Metafit	Omnia & Metafit
15 <sup>th</sup> Jan	Aerobics	Cardio & Omnia	Cardio & Omnia	Omnia & Metafit
22 <sup>nd</sup> Jan	Aerobics	Cardio & HIT	Cardio & Metafit	Omnia & Metafit
29 <sup>th</sup> Jan	Aerobics	Circuits	Cardio & Omnia	Omnia & Metafit
5 <sup>th</sup> Feb	Aerobics	Cardio & Core	Cardio & Metafit	Omnia & Metafit
12 <sup>th</sup> Feb	Aerobics	Bodyweight Training	Cardio & Omnia	Omnia & Metafit
19 <sup>th</sup> Feb	Aerobics	Cardio & Omnia	Cardio & Metafit	Omnia & Metafit
26 <sup>th</sup> Feb	Aerobics	Cardio & HIT	Cardio & Omnia	Omnia & Metafit
5 <sup>th</sup> March	Aerobics	Circuits	Cardio & Metafit	Omnia & Metafit
12 <sup>th</sup> March	Aerobics	Cardio & Core	Cardio & Omnia	Omnia & Metafit
19 <sup>th</sup> March	Aerobics	Bodyweight Training	Cardio & Metafit	Omnia & Metafit
26 <sup>th</sup> March	Aerobics	Cardio & Omnia	Cardio & Omnia	Omnia & Metafit

Club Reception - 01226 707099  
[theclub@burntwoodcourt.co.uk](mailto:theclub@burntwoodcourt.co.uk)



The Spa  
AT BURNTWOOD COURT

ESPA

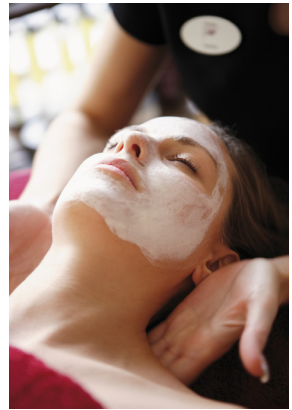
Natural Beauty  
Inner Calm

The Spa at Burntwood Court provides a wide selection of treatments, whether you are wanting a fresh set of nails, a makeup transformation or a relaxing spa day, we have it all. Please enquire at reception for our full treatment list.

*Want to treat someone special? - Gift vouchers are also available*



MAKE SURE  
YOU KEEP A  
LOOK OUT FOR  
EXCLUSIVE SPA  
DISCOUNTS &  
TREATS FOR  
CLUB MEMBERS!



## Valentines Special

### The Couples Retreat

Treat your loved one this Valentine's day to The Couples Retreat Package in our relaxing double treatment room.

This package is for 2 people sharing:

2 x Swedish Back, Neck & Shoulder Massage (25mins each)

2 x Mini Bottles of Prosecco (200ml)

1 x Box of Chocolates

Full Use of The Club Facilities.

Robes Included

Offer available from 1/2/18 - 28/2/18

£55 PER  
PERSON

OVERNIGHT &  
ENTERTAINMENT  
UPGRADES  
AVAILABLE