

CLASS TIMETABLE

DECEMBER



THE CLUB

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

OUTDOOR CLASSES

Due to the Tier 3 - COVID 19 restrictions we are unable to teach any indoor classes. Therefore, we will be providing outdoor classes in the staff car park, outside The Box. The only exception for this is Aqua Fit, this class will still be able to go ahead in the pool.

Each class will be open to the elements so please come prepared for working out in all-weather including the cold & rain.

MONDAY

TIME	CLASS	TRAINER
06.40 – 07.10	GROUP CYCLING	Dan Bell
07.20 – 07.50	BODYWEIGHT HIIT	Dan Bell
09.00 – 09.30	GROUP CYCLING	Jayne Collins
09.40 – 10.25	LEGS, BUMS & TUMS	Jayne Collins
10.00 – 10.40	AQUA FIT	Nichola Fletcher
10.35 – 11.05	GROUP CYCLING	Jayne Collins
10.50 – 11.30	AQUA FIT	Nichola Fletcher
11.15 – 12.00	BURNTWOOD WALKABOUT	Jayne Collins
12.10 – 12.40	GROUP CYCLING	Mark Brookes
12.50 – 13.20	KETTLEBELLS	Mark Brookes
17.00 – 17.30	GROUP CYCLING	Mark Brookes
17.40 – 18.10	SHADOW BOXING	Mark Brookes
18.20 – 19.00	WARRIOR BOOTCAMP	Allan Hay
19.10 – 19.35	BODYWEIGHT HIIT	Allan Hay
19.45 – 20.10	CARDIO ABS	Allan Hay

TUESDAY

TIME	CLASS	TRAINER
06.35 – 07.05	GROUP CYCLING	Mark Brookes
07.15 – 07.45	DUMBBELL HIIT	Mark Brookes
08.30 – 09.00	GROUP CYCLING	Jayne Collins
09.00 – 09.25	METAFIT	Jayne Collins
09.35 – 10.00	AQUA FIT	Mark Brookes
09.30 – 10.30	AQUA FIT	Mark Brookes
09.30 – 10.30	EASY DOES IT	Jayne Collins
10.10 – 10.35	SHAPE UP	Jayne Collins
10.45 - 11.15	GROUP CYCLING	Allan Hay
11.25 – 12.00	BODY BLITZ	Allan Hay
17.30 - 18.00	GROUP CYCLING	Matt Ashton
18.00 – 18.30	TOTAL BODY TONE	Matt Ashton
18.00 – 19.00	GROUP CYCLING	Nichola Fletcher
18.10 – 18.40	DUMBBELL HIIT	Nichola Fletcher
18.40 - 19.10	CARDIO ABS	Nichola Fletcher

WEDNESDAY

TIME	CLASS	TRAINER
06.40 – 07.10	GROUP CYCLING	Allan Hay
07.20 – 07.50	BODY TONE	Allan Hay
09.00 – 09.30	GROUP CYCLING	Jayne Collins
09.30 – 10.10	AQUA FIT	Allan Hay
09.40 – 10.20	LOCKDOWN MIX UP	Jayne Collins
10.20 – 11.00	AQUA FIT	Allan Hay
10.30 - 11.00	LIGHT WEIGHTS CLASS	Jayne Collins
11.10 - 12.00	BOOTCAMP	Jayne Collins
12.10 – 12.40	GROUP CYCLING	Matt Ashton
12.50 – 13.20	BODY WEIGHT HIIT	Matt Ashton
17.00 – 17.30	QUICK LBT	Nichola Fletcher
17.40 – 18.10	GROUP CYCLING	Nichola Fletcher
18.20 – 18.50	GROUP CYCLING	Alex Glymond
19.00 – 19.30	DUMBBELL HITT	Alex Glymond
19.00 – 19.45	AQUA FIT	Mark Brookes
19.40 – 20.10	METAFIT	Alex Glymond

THURSDAY

TIME	CLASS	TRAINER
09.00 – 09.45	FITNESS PILATES	Jayne Collins
09.55 – 10.30	GROUP CYCLING	Jayne Collins
10.40 – 11.10	POWER YOGA	Jayne Collins
11.20 – 12.00	GROUP CYCLING	Jayne Collins
12.10 – 12.40	STRENGTH TRAINING	Internal Instructor
12.50 – 13.20	HATHA YOGA	Internal Instructor
17.00 – 17.30	GROUP CYCLING	Internal Instructor
17.40 – 18.10	VINYASA YOGA	Internal Instructor
18.20 – 19.00	BOX WORKOUT	Alex Glymond
19.10 – 19.40	GROUP CYCLING	Alex Glymond
19.50 – 20.10	GROUP CYCLING	Alex Glymond

FRIDAY

TIME	CLASS	TRAINER
09.00 - 09.25	GROUP CYCLING	Jayne Collins
09.00 – 09.45	TOTAL BODY TONE	Steph Guest
09.35 – 10.00	GROUP CYCLING	Jayne Collins
10.00 - 10.45	SHAPE UP	Steph Guest
10.10 - 10.55	GROUP CYCLING	Jayne Collins
11.05 - 12.00	BURNTWOOD WALKABOUT	Jayne Collins
17.00 - 17.30	GROUP CYCLING	Sandra Brown
17.40 - 18.10	BODY WEIGHT HIT	Sandra Brown
17.00 - 17.30	GROUP CYCLING	Jayne Collins
17.40 - 18.10	BODY BLITZ	Jayne Collins
18.20 - 18.50	GROUP CYCLING	Sandra Brown

SATURDAY

TIME	CLASS	TRAINER
08.15 - 09.00	GROUP CYCLING	Internal Instructor
09.15 - 09.30	TOTAL BOOTCAMP	Internal Instructor
09.00 - 10.00	BODY WEIGHT AND CORE	Internal Instructor
10.15 – 11.15	GROUP CYCLING	Internal Instructor

SUNDAY

TIME	CLASS	TRAINER
09.15 – 10.00	GROUP CYCLING	Internal Instructor
10.00 – 11.00	BOOTY CAMP	Internal Instructor
17.00 – 17.45	GROUP CYCLING	Internal Instructor
17:00 - 18.00	TOTAL BODY TONE	Internal Instructor

SWIMMING TIMETABLE

DECEMBER 2020

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

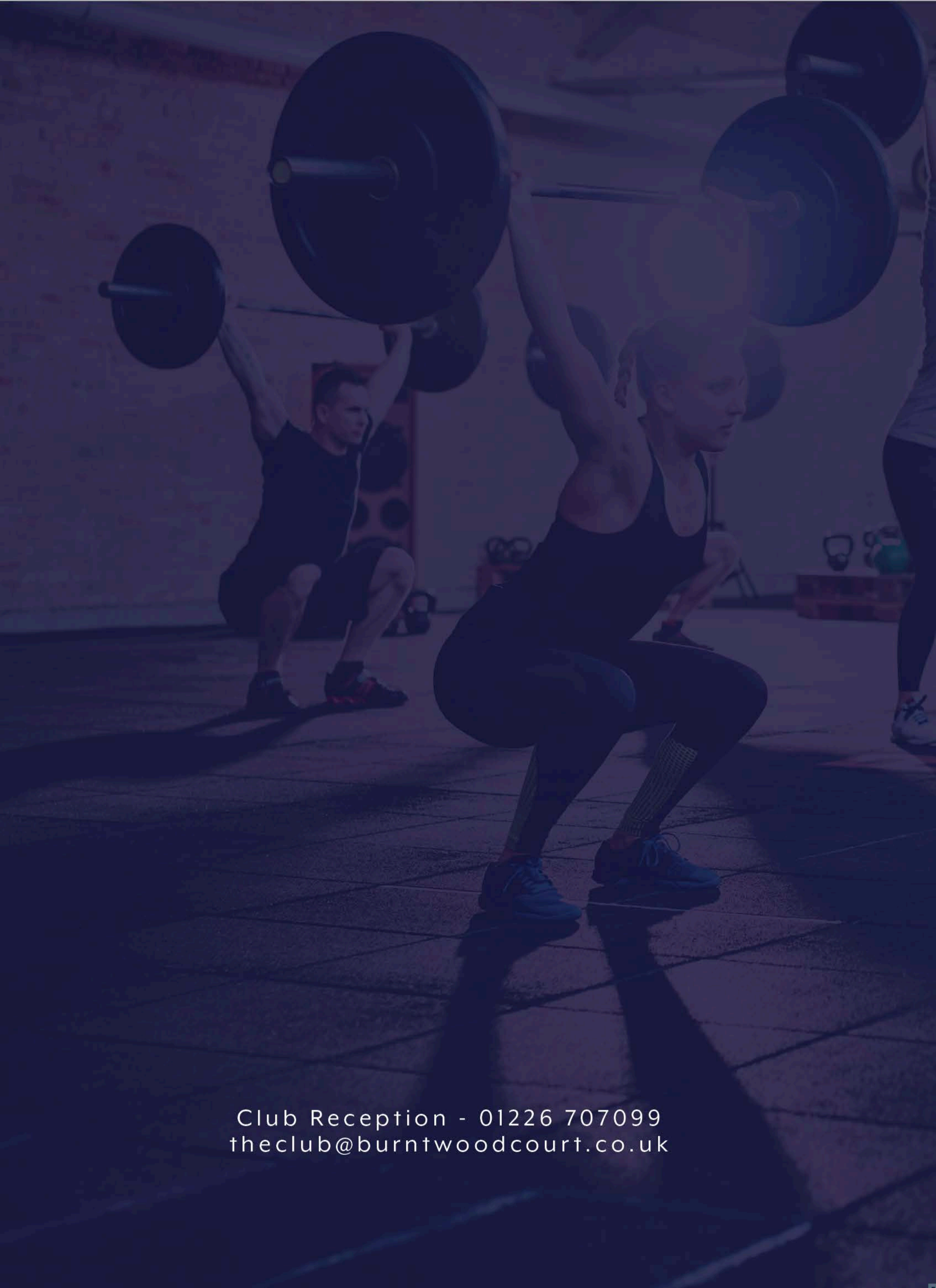
SATURDAY & SUNDAY

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



Club Reception - 01226 707099
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