

CLASS TIMETABLE

SEPTEMBER - 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.

CLASSES

If there are any classes you would like more information or a description on, please feel free to speak with a member of staff on the gym floor or give us a call on 01226 707099

MONDAY

TIME	CLASS	TRAINER	LOCATION
06.45 – 07.15	GROUP PT	Nichola Fletcher	Gym Floor
08.30 – 09.00	MOVE IT	Nichola Fletcher	Studio 1
09.00 – 09.45	GROUP CYCLING	Jayne Collins	Spin Studio
09.00 – 10.00	HATHA YOGA	Jess Fox	Studio 2
09.45 – 10.30	LEGS, BUMS AND TUMS	Jayne Collins	Studio 1
10.00 – 10.45	AQUACISE	Nichola Fletcher	Pool
10.00 – 11.00	YIN YOGA	Jess Fox	Studio 2
10.30 – 11.00	METAFIT	Jayne Collins	Studio 1
11.00 – 11.45	AQUA FIT	Mark Brookes	Pool
11.00 – 12.00	FITNESS PILATES	Jayne Collins	Studio 2
11.00 – 12.00	CLUBBERCISE	Nichola Fletcher	Studio 1
16.30 – 17.30	KIDS CLUB (5-11 YEARS)	Katie and Matt	Studio 1
18.00 – 18.45	GROUP CYCLING	Nicola Cope	Spin Studio
18.00 – 19.00	STRENGTH AND CONDITIONING	Matt Ashton	The Box
18.00 – 19.00	ZUMBA PARTY	Lee Jones	Studio 1
18.00 – 19.00	VINYASA FLOW YOGA	Karolina Drzewinska	Studio 2
19.00 – 20.00	STRETCH AND RELAX YOGA	Karolina Drzewinska	Studio 2
19.00 – 20.00	RICKY HATTON'S BOX FIT	Mark Brookes	The Box
19.00 – 20.00	LIFT	Glen Williams	Studio 1

TUESDAY

TIME	CLASS	TRAINER	LOCATION
06.45 – 07.30	GROUP CYCLING	Nicola Cope	Spin Studio
08.30 – 09.00	MORNING MOVERS	Mark Brookes	Studio 1
09.00 – 09.45	GROUP CYCLING	Jayne Collins	Spin Studio
09.00 – 10.00	VINYASA FLOW YOGA	Emily Kaye	Studio 2
09.45 – 10.30	INTERVAL MIX UP	Jayne and Nick	Studio 1
10.00 – 11.00	RESTORATIVE YOGA	Emily Kaye	Studio 2
10.30 – 11.15	EASY DOES IT	Jayne Collins	Studio 1
11.15 – 12.00	BARRE	Jayne Collins	Studio 1
11.30 – 12.15	AQUA FIT	Mark Brookes	Pool
16:30 - 17:30	KIDS CLUB (5-11 YEARS)	Nic and Matt	Studio 1
18:00 - 18:45	GROUP CYCLING	Matt Ashton	Spin Studio
18.00 – 19.00	LIFT AND HIIT	Katie Richards	The Box
18.00 – 19.00	STEP FUNK	Sandra Brown	Studio 1
18.00 – 19.00	VINYASA FLOW YOGA	Louise Harris	Studio 2
19.00 – 19.45	SWIM FIT	Matt Ashton	Pool
19.00 – 20.00	CLUBBERCISE	Nichola Fletcher	The Box
19.00 – 20.00	SLOW FLOW YOGA AND MEDITATION	Louise Harris	Studio 2
19.00 – 20.00	INSANITY	Glen Williams	Studio 1

WEDNESDAY

TIME	CLASS	TRAINER	LOCATION
06.45 – 07.30	GROUP PT	Katie Richards	Gym Floor
09.00 – 09.45	GROUP CYCLING	Jayne Collins	Spin Studio
09.30 – 10.30	GOOD MORNING YOGA	Sherry Dearden	Studio 2
09.45 – 10.30	SHAPE UP	Jayne Collins	Studio 1
10.30 – 11.15	AQUA FIT	Sandra Brown	Pool
10.30 – 10.45	CORE	Jayne Collins	Studio 1
10.45 – 11.45	WAKIE WAKIE YOGA	Sherry Dearden	Studio 2
11.00 – 12.00	BOX BOOTCAMP	Jayne Collins	The Box
16.30 – 17.30	KIDS CLUB (5-11 YEARS)	Nick and Mark	Studio 1
17.45 – 18.30	LEGS, BUMS, AND TUMS	Nichola Fletcher	Studio 1
18.00 – 18.45	GROUP CYCLING	Steph Guest	Spin Studio
18.00 – 18.45	MAT PILATES	Jess Fox	Studio 2
18.00 – 19.00	BOX WORKOUT	Nick Cole	The Box
18.30 – 19.30	TRIPLE CHALLENGE	Mark Brookes	Studio 1
18.45 – 19.30	HATHA FLOW YOGA	Jess Fox	Studio 2
19.00 – 19.45	CLUBBERCISE	Nichola Fletcher	The Box
19.30 – 20.00	METAFIT	Mark Brookes	Studio 1

THURSDAY

TIME	CLASS	TRAINER	LOCATION
09.00 – 10.00	PILATES	Jayne Collins	Studio 1
10.00 – 11.00	SPIN BIKE BOOTCAMP	Jayne Collins	Spin/Studio 1
10.00 – 11.00	HATHA YOGA	Danielle Ball	Studio 2
11.00 – 12.00	STRENGTH AND CONDITIONING	Jayne Collins	The Box
16:30 - 17:30	KIDS CLUB (5-11 YEARS)	Internal Instructors	Studio 1
17.45 – 18.15	GROUP CYCLING	Sandra Brown	Spin Studio
17.45 – 18.15	KETTLEBELLS	Matt Ashton	Studio 1
18.00 – 19.00	BOX WORKOUT	Alex Glymond	The Box
18.15 – 19.00	FITNESS PILATES	Matt Ashton	Studio 1
18.15 – 19.00	GROUP CYCLING	Sandra Brown	Spin Studio
19.00 – 19.30	DUMBBELL HIIT	Alex Glymond	Studio 1
19.00 – 20.00	INTRO TO OLYMPIC LIFTING - 7 WEEK BLOCK	Gary Dixon	Studio 1
19.30 – 20.00	METAFIT	Alex Glymond	Studio 2

FRIDAY

TIME	CLASS	TRAINER	LOCATION
06.45 – 07.30	GROUP CYCLING	Internal Instructor	Spin Studio
09.00 – 09.45	GROUP CYCLING	Jayne Collins	Spin Studio
09.00 – 09.45	AREOTONE	Steph Guest	Studio 1
09.00 – 10.00	HATHA YOGA	Claire Gelder	Studio 2
09.45 – 10.30	PUMP	Jayne Collins	Studio 1
10.00 – 10.45	AQUA FIT	Steph Guest	Pool
10.30 – 11.30	PILATES	Jayne Collins	Studio 1
11.30 – 12.00	DANCE AEROBICS	Jayne Collins	Studio 1
17.30 – 18.30	GROUP PT	Internal Instructor	Gym Floor

SATURDAY

TIME	CLASS	TRAINER	LOCATION
08.15 – 09.00	GROUP CYCLING	Ian Iveson	Spin Studio
09.00 – 10.00	STRENGTH AND CONDITIONING	Nick Cole	The Box
09.15 – 10.15	SLOW FLOW YOGA	Alison Walker	Studio 2
10.00 – 11.00	BOX WORKOUT	Nick Cole	The Box
10.15 – 11.15	VINYASA YOGA	Alison Walker	Studio 2

SUNDAY

TIME	CLASS	TRAINER	LOCATION
09.00 – 10.00	SHIFT AND LIFT	Glen Williams	Studio 1
09.15 – 10.00	GROUP CYCLING	Sandra Brown	Spin Studio
10.00 – 11.00	STEP FUNK	Sandra Brown	Studio 1
17.00 – 18.00	SPIN BIKE BOOTCAMP	Internal Instructor	Spin/Studio 1

SWIMMING TIMETABLE

SEPTEMBER - DECEMBER 2021

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
10.00 - 10.45 = Aquacise
11.00 - 11.45 = Aqua Fit
12.00 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 21.45 = General Swim

WEDNESDAY

06.30 - 10.30 = General Swim
10.30 - 11.15 = Aqua Fit
11.30 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 21.45 = General Swim

FRIDAY

06.30 - 10.00 = General Swim
10.00 - 10.45 = Aqua Fit
11.00 - 15.00 = General Swim
15.00 - 18.30 = Family Swim
18.30 - 21.45 = General Swim

TUESDAY

06.30 - 11.30 = General Swim
11.30 - 12.15 = Aqua Fit
12.30 - 15.00 = General Swim
15.00 - 17.30 = Family Swim
17.30 - 19.00 = General Swim
19.00 - 19.45 = Swim Fit
20.00 - 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

A group of people in a gym performing a plank exercise. The image is overlaid with a blue tint. The people are in a plank position, with their hands on the floor and their bodies straight. The background is slightly blurred, showing other people in the gym.

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