



THE CLUB

# CLASS TIMETABLE

OCTOBER - DECEMBER 2023



THE CLUB

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.burrntoodcourt.co.uk/theclub](http://www.burrntoodcourt.co.uk/theclub)**

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 are unable to attend a class then please let us know so that other members can fill the vacancy.



## MONDAY

| TIME          | CLASS                   | INSTRUCTOR        | STUDIO      |
|---------------|-------------------------|-------------------|-------------|
| 06.45 - 07.15 | SPINNING                | Club Instructor   | Spin Studio |
| 07.15 - 07.30 | CORE                    | Club Instructor   | Studio 1    |
| 09.00 - 09.30 | OMNIA CIRCUITS          | Nichola Fletcher  | Omnia       |
| 09.00 - 09.45 | SPINNING                | Jayne Collins     | Spin Studio |
| 09.00 - 10.00 | HATHA YOGA              | Beckie Rhodes     | Studio 2    |
| 09.30 - 10.15 | AQUACISE                | Steph Guest       | Pool        |
| 09.45 - 10.30 | LEGS , BUMS & TUMS      | Jayne Collins     | Studio 1    |
| 10.00 - 11.00 | YIN YOGA                | Beckie Rhodes     | Studio 2    |
| 10.30 - 11.00 | META FIT                | Jayne Collins     | Studio 1    |
| 11.00 - 11.45 | AQUA FIT                | Mark Brookes      | Pool        |
| 11.00 - 12.00 | FITNESS PILATES         | Jayne Collins     | Studio 1    |
| 11.00 - 12.00 | CLUBBERCISE             | Nichola Fletcher  | The Box     |
| 16.30 - 17.30 | KIDS CLUB (5 - 7 YRS)   | Club Instructor   | Studio 1    |
| 17.30 - 18.00 | META FIT                | Alex/Mark         | Studio 1    |
| 18.00 - 19.00 | STRENGTH & CONDITIONING | Club Instructor   | The Box     |
| 18.00 - 19.00 | DANCE FIT               | Charlotte Burnley | Studio 2    |
| 18.00 - 19.00 | LEGS , BUMS & TUMS      | Hazel Chambers    | Studio 1    |
| 18.30 - 19.15 | SPINNING                | Matt McDonald     | Spin Studio |
| 19.00 - 20.00 | YOGA                    | Hazel Chambers    | Studio 2    |
| 19.00 - 20.00 | RICKY HATTONS BOX FIT   | Mark Brookes      | The Box     |



## TUESDAY

| TIME          | CLASS                  | INSTRUCTOR        | STUDIO      |
|---------------|------------------------|-------------------|-------------|
| 06.45 - 07.30 | SPINNING               | Nicola Cope       | Spin Studio |
| 08.30 - 09.00 | MORNING MOVERS         | Mark Brookes      | Studio 2    |
| 09.00 - 09.45 | SPIN BIKE BOOTCAMP     | Jayne Collins     | Studio 1    |
| 09.00 - 10.00 | MANDALA VINYASA YOGA   | Beckie Rhodes     | Studio 2    |
| 10.00 - 10.45 | HIRT                   | Jayne Collins     | Studio 1    |
| 10.00 - 11.00 | STRETCH & RELAX YOGA   | Beckie Rhodes     | Studio 2    |
| 10.45 - 11.00 | CORE                   | Jayne Collins     | Studio 1    |
| 11.00 - 11.30 | EASY DOES IT           | Jayne Collins     | Studio 1    |
| 11.30 - 12.00 | DANCE AEROBICS         | Jayne Collins     | Studio 1    |
| 11.30 - 12.15 | AQUA CIRCUITS          | Club Instructor   | Pool        |
| 12.00 - 12.45 | RICKY HATTON'S BOX FIT | Mark Brookes      | The Box     |
| 16.30 - 17.30 | KIDS CLUB (8 - 11 YRS) | Club Instructor   | Studio 1    |
| 18.00 - 18.45 | SPINNING               | Ian Iveson        | Spin Studio |
| 18.00 - 19.00 | LIFT & HIIT            | Matt McDonald     | The Box     |
| 18.30 - 19.30 | VINYASA YOGA           | Charlotte Burnley | Studio 2    |
| 18.45 - 19.45 | HIRT                   | Club Instructor   | Studio 1    |
| 19.00 - 20.00 | CLUBBERCISE            | Nichola Fletcher  | The Box     |

*Did you know you can book in for a Personal Training session included in your membership once every 3 weeks?*

Ask Reception or one of our instructors to book you in



## WEDNESDAY

| TIME          | CLASS                 | INSTRUCTOR       | STUDIO      |
|---------------|-----------------------|------------------|-------------|
| 06.45 - 07.30 | BOX BOOTCAMP          | Matt McDonald    | The Box     |
| 09.00 - 09.45 | BOX BOOTCAMP          | Jayne Collins    | The Box     |
| 09.30 - 10.30 | GOOD MORNING YOGA     | Sherry Dearden   | Studio 2    |
| 10.00 - 10.45 | SHAPE UP              | Jayne Collins    | Studio 1    |
| 10.40 - 11.25 | AQUAFIT               | Steph Guest      | Pool        |
| 10.45 - 11.45 | WAKIE WAKIE YOGA      | Sherry Dearden   | Studio 2    |
| 10.45 - 11.30 | SPINNING              | Jayne Collins    | Spin Studio |
| 11.30 - 12.00 | EXPRESS STRETCH       | Jayne Collins    | Studio 1    |
| 16.30 - 17.30 | KIDS CLUB (5 - 7 YRS) | Club Instructor  | Studio 1    |
| 18.00 - 18.45 | KETTLEBELLS FLOW      | Nichola Fletcher | Studio 1    |
| 18.00 - 18.45 | SPINNING              | Mark Brookes     | Spin Studio |
| 19.00 - 19.45 | AQUA FIT              | Steph Guest      | Pool        |
| 19.00 - 20.00 | STEP & PUMP           | Mark Brookes     | Studio 1    |





## THURSDAY

| TIME          | CLASS                   | INSTRUCTOR      | STUDIO      |
|---------------|-------------------------|-----------------|-------------|
| 09.00 - 10.00 | PILATES                 | Jayne Collins   | Studio 1    |
| 10.00 - 10.20 | SPINNING                | Jayne Collins   | Spin Studio |
| 10.00 - 11.00 | VINYASA YOGA            | Victoria Rooney | Studio 2    |
| 10.20 - 10.40 | 20 MINUTE MIXUP         | Jayne Collins   | Studio 1    |
| 10.40 - 11.00 | LEGS, BUMS & TUMS       | Jayne Collins   | Studio 1    |
| 11.00 - 12.00 | STRENGTH & CONDITIONING | Jayne Collins   | The Box     |
| 12.15 - 13.00 | BODYWEIGHT BLAST        | Club Instructor | Studio 1    |
| 16.30 - 17.30 | KIDS CLUB (8 - 11 YRS)  | Club Instructor | Studio 1    |
| 18.00 - 19.00 | BOX WORKOUT             | Club Instructor | The Box     |
| 18.00 - 18.30 | SCULPT                  | Hazel Chambers  | Studio 1    |
| 18.30 - 19.00 | PILATES                 | Hazel Chambers  | Studio 1    |
| 19.00 - 19.45 | HIRT                    | Club Instructor | Studio 1    |
| 19.00 - 20.00 | YOGA FOR ALL            | Hazel Chambers  | Studio 2    |

## FRIDAY

| TIME          | CLASS                  | INSTRUCTOR      | STUDIO      |
|---------------|------------------------|-----------------|-------------|
| 06.45 - 07.30 | GROUP PT               | Club Instructor | Gym Floor   |
| 09.00 - 09.45 | SPINNING               | Jayne Collins   | Spin Studio |
| 09.00 - 09.45 | AEROTONE               | Steph Guest     | Studio 1    |
| 09:00 - 10:00 | SLOW FLOW YOGA         | Victoria Rooney | 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    |
| 11:00 - 11:45 | AQUA FIT               | Steph Guest     | Pool        |
| 11:30 - 12:00 | DANCE AEROBICS         | Jayne Collins   | Studio 1    |
| 18:00 - 18:45 | FRIDAY NIGHT BOX CLASS | Club Instructor | The Box     |



## SATURDAY

| TIME          | CLASS               | INSTRUCTOR     | STUDIO      |
|---------------|---------------------|----------------|-------------|
| 08.15 - 09.00 | SPINNING            | Ian Iveson     | Spin Studio |
| 09.00 - 09.30 | LIFTING TECHNIQUE   | Matt McDonald  | The Box     |
| 09.00 - 09.30 | VINYASA TRIM & TONE | Sherry Dearden | Studio 2    |
| 09.30 - 10.30 | BOX WORKOUT         | Matt McDonald  | The Box     |
| 09.30 - 10.30 | TWIST & DETOX YOGA  | Sherry Dearden | Studio 2    |

## SUNDAY

| TIME          | CLASS                  | INSTRUCTOR      | STUDIO      |
|---------------|------------------------|-----------------|-------------|
| 08.30 - 09.15 | SPINNING               | Club Instructor | Spin Studio |
| 09.30 - 10.30 | SUNDAY WORKOUT         | Club Instructor | Studio 1    |
| 17.15 - 18.15 | HATHA YOGA             | Sherry Dearden  | Studio 2    |
| 18.30 - 19.30 | RESTORATIVE & YIN YOGA | Sherry Dearden  | Studio 2    |

## TEEN GYM FLOOR TIMETABLE - TEENS (AGES 12 - 15 YEARS)

| DAY             | TIME          |
|-----------------|---------------|
| MONDAY - FRIDAY | 16.30 - 17.30 |
| SATURDAY        | 10.00 - 12.00 |
| SUNDAY          | 14.00 - 16.00 |





# SEPTEMBER 2023

## SWIMMING TIMETABLE

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

| TIME          | SWIM         |
|---------------|--------------|
| 06.30 - 09.30 | GENERAL SWIM |
| 09.30 - 10.15 | AQUACISE     |
| 10.15 - 11.00 | GENERAL SWIM |
| 11.00 - 11.45 | AQUA FIT     |
| 11.45 - 15.00 | GENERAL SWIM |
| 15.00 - 17.30 | FAMILY SWIM  |
| 17.30 - 21.45 | GENERAL SWIM |

### TUESDAY

| TIME          | SWIM          |
|---------------|---------------|
| 06.30 - 11.30 | GENERAL SWIM  |
| 11.30 - 12.15 | AQUA CIRCUITS |
| 12.30 - 15.00 | GENERAL SWIM  |
| 15.00 - 17.30 | FAMILY SWIM   |
| 17.30 - 21.45 | GENERAL SWIM  |

### WEDNESDAY

| TIME          | SWIM         |
|---------------|--------------|
| 06.30 - 10.40 | GENERAL SWIM |
| 10.40 - 11.25 | AQUA FIT     |
| 11.30 - 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 |

### THURSDAY

| TIME          | SWIM         |
|---------------|--------------|
| 06.30 - 15.00 | GENERAL SWIM |
| 15.00 - 17.30 | FAMILY SWIM  |
| 17.30 - 21.45 | GENERAL SWIM |

### FRIDAY

| TIME          | SWIM         |
|---------------|--------------|
| 06.30 - 10.00 | GENERAL SWIM |
| 10.00 - 10.45 | AQUA FIT     |
| 11.00 - 11.45 | AQUA FIT     |
| 11.45 - 15.00 | GENERAL SWIM |
| 15.00 - 18.30 | FAMILY SWIM  |
| 18.30 - 21.45 | GENERAL SWIM |

### SATURDAY & SUNDAY

| TIME          | SWIM         |
|---------------|--------------|
| 08.00 - 11.00 | GENERAL SWIM |
| 11.00 - 15.00 | FAMILY SWIM  |
| 15.00 - 19.45 | GENERAL SWIM |

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