



THE CLUB

# CLASS TIMETABLE

JANUARY TO APRIL 2026





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

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.

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

Ask Reception or one of our instructors and they can book you in.

**club reception 01226 707099 | [club@burntwoodcourt.co.uk](mailto:club@burntwoodcourt.co.uk)  
[www.burntwoodcourt.co.uk/theclub](http://www.burntwoodcourt.co.uk/theclub)**

# CLASS TIMETABLE

JANUARY TO APRIL 2026



## MONDAY 6.30am-10.00pm

Time	Length	Class	Instructor	Studio
06:45 - 07:15	30m	HIIT	Steph	Studio 1
07:00 - 07:45	45m	SWEAT	Club Instructor	BOX
09:00 - 09:30	30m	Express Cycling	Steph Guest	Spin Studio
09:00 - 10:00	1Hr	Hatha Yoga	Maya McCormack	Studio 2
09:30 - 10:15	45m	Aquacise	Steph Guest	Pool
09:45 - 10:30	45m	Pump	Club Instructor	Studio 1
10:05 - 11:05	1Hr	Tone Flex Stretch Relax Yoga	Maya McCormack	Studio 2
10:40 - 11:10	30m	Abs Blast	Club Instructor	Studio 1
10:30 - 11:15	45m	Aquacise	Steph Guest	Pool
11:00 - 12:00	1Hr	Clubbercise	Nichola Fletcher	The Box
11:15 - 12:15	1Hr	Fitness Pilates	Club Instructor	Studio 1
12:30 - 13:15	45m	Combat	Luke Murphy	Studio 1
16:15 - 17:15	1Hr	Kids Fitness	Club Instructor	Studio 1
17:30 - 18:15	45m	Step	Club instructor	Studio 1
17:30 - 18:00	30m	META Fit	Club Instructor	Studio 2
18:00 - 18:45	45m	Group Cycling	Club Instructor	Spin Studio
18:30 - 19:30	1Hr	Box Fit	Club Instructor	The Box
18:30 - 19:15	45m	LBT	Club Instructor	Studio 1

# CLASS TIMETABLE

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## TUESDAY 6.30am-10.00pm

Time	Length	Class	Instructor	Studio
06:45 - 07:30	45m	Circuits	Club Instructor	Studio 1
08:15 - 08:45	30m	Morning Movers	Club Instructor	Studio 1
09:00 - 09:45	45m	Spin Bike Bootcamp	Steph Guest	Studio 1
09:00 - 10:00	1Hr	Vinyasa Yoga	Maya McCormack	Studio 2
10:00 - 10:30	30m	HIRT	Club Instructor	Studio 1
10:10 - 11:10	1Hr	Stretch & Relax Yoga	Maya McCormack	Studio 2
10:35 - 11:05	30m	LBT	Club Instructor	Studio 1
11:15- 12:00	45m	Zumba	Kayla Kavanagh	Studio 1
11:30 - 12:15	45m	Aqua-FIT	Club Instructor	Pool
16:15 - 17:15	1Hr	Kids Fitness	Club Instructor	Studio 1
17:30 - 18:00	30m	Booty bandits	Club Instructor	Studio 1
18:00 - 18:45	45m	Group Cycling	Club Instructor	Spin Studio
18:00 - 19:00	1Hr	SWEAT	Club Instructor	The Box
18:15 - 19:15	1Hr	Slow Flow Yoga	Maya McCormack	Studio 2
19:00 - 20:00	1Hr	Clubbercise	Nichola Fletcher	The Box
19:15 - 20:15	1Hr	Pump	Club Instructor	Studio 1

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## WEDNESDAY 6.30am-10.00pm

Time	Length	Class	Instructor	Studio
06:45 - 07:30	45m	Bootcamp Blitz	Club Instructor	The Box
09:00 - 09:45	45m	Group Cycling	Club Instructor	Spin Studio
09:00 - 10:00	1Hr	Good Morning Yoga	Sherry Dearden	Studio 2
10:00 - 10:40	40m	Body tone	Steph Guest	Studio 1
10:15 - 11:15	1Hr	Align & Stretch yoga	Sherry Dearden	Studio 2
10:45 - 11:30	45m	Aquacise	Steph Guest	Pool
11:30 - 12:15	45m	Pilates for Beginners	Club Instructor	Studio 1
16:15 - 17:15	1Hr	Kids Fitness	Club Instructor	Studio 1
17:30 - 18:00	30m	LBT	Club Instructor	Studio 1
18:00 - 18:45	45m	Strength	Club Instructor	The Box
18:15 - 19:15	1Hr	Ladies Beginners Boxing	Club Instructor	Studio 1
18:45 - 19:30	45m	Conditioning	Club Instructor	The Box
19:00 - 19:45	45m	Aquacise	Steph Guest	Pool
19:00 - 20:00	1Hr	Pilates	Mel Thackray	Studio 2
19:15 - 20:00	45m	Step IT, Mix up	Club Instructor	Studio 1

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THE CLUB

## THURSDAY 6.30am-10.00pm

Time	Length	Class	Instructor	Studio
06:45 - 07:30	45m	Group PT	Club Instructor	Gym Floor
09:00 - 09:45	45m	Circuits	Club Instructor	Studio 1
09:00 - 10:00	1Hr	Vinyasa	Polly Clark	Studio 2
09:50 - 10:20	30m	Booty Bandits	Club Instructor	Studio 1
10:05 - 11:05	1Hr	Slow flow Yoga	Polly Clark	Studio 2
10:25 - 11:10	45m	Lift	Club Instructor	Studio 1
11:15 - 12:00	45m	Zumba	Kayla Kavanagh	Studio 1
16:15 - 17:15	1hr	Kids Fitness	Club Instructor	Studio 1
17:30 - 18:00	30m	Kettlebells	Club Instructor	Studio 1
18:00 - 18:45	45m	Aquacise	Steph Guest	Pool
18:00 - 19:00	1Hr	Military circuits	Club Instructor	The Box
18:15 - 19:00	45m	LBT	Club Instructor	Studio 1
19:00 - 20:00	1Hr	Yin Yang Yoga	Maya McCormack	Studio 2
19:15 - 20:15	1Hr	Spin Bootcamp	Club Instructor	Studio 1

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## FRIDAY 6.30am-10.00pm

Time	Length	Class	Instructor	Studio
06:45 – 07:30	45m	Bootcamp Blitz	Club Instructor	The Box
09:00 – 09:45	45m	Group Cycling	Club Instructor	Spin Studio
09:00 – 09:45	45m	Aero tone	Steph Guest	Studio 1
09:30 – 10:30	1Hr	Hatha	Beckie Rhodes	Studio 2
10:00 – 10:45	45m	Aquacise	Steph Guest	Pool
10:00 – 10:45	45m	Pump	Club Instructor	Studio 1
10:45 – 11:45	1Hr	Slow Flow Yoga	Beckie Rhodes	Studio 2
11:00 – 11:45	45m	Zumba	Kayla Kavanagh	Studio 1
11:00 – 11:45	45m	Aquacise	Steph Guest	Pool
18:00 – 18:45	45m	Spin Bootcamp	Club Instructor	Studio 1

**Why not book in for a Personal Training Session. This is included in your membership once every 3 weeks?**

Ask Reception or one of our instructors and they can book you in.

# CLASS TIMETABLE

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## SATURDAY 8.00am-8.00pm

Time	Length	Class	Instructor	Studio
08:15 - 09:00	45m	Group Cycling	Steph Guest	Spin Studio
08:30 - 09:30	1Hr	SWEAT	Club Instructor	The Box
09:15 - 10:00	45m	LBT	Club Instructor	Studio 1
10:15 - 11:15	1Hr	Pilates	Mel Thackray	Studio 2

## SUNDAY 8.00am-8.00pm

Time	Length	Class	Instructor	Studio
09:00 - 10:00	1Hr	Sunday Workout	Club Instructor	Studio 1
10:00 - 10:45	45m	Group Cycling	Club Instructor	Spin Studio
11:00 - 11:45	45m	Group PT	Club Instructor	Studio 1
17:15 - 18:15	1Hr	Hatha Yoga	Maya McCormack	Studio 2
18:30 - 19:30	1Hr	Restorative & Yin Yoga	Maya McCormack	Studio 2

# CLASS TIMETABLE

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## TEEN GYM FLOOR

Day	Time
Monday - Friday	15.30-17.30
Saturday	10.00-12.00
Sunday	14.00-16.00

AGES 12 - 15 YEARS



# SWIMMING TIMETABLE

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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**

The Gym Team



# SWIMMING TIMETABLE

JANUARY TO APRIL 2026



THE CLUB

## MONDAY

Time	Swim
06.30 - 09.30	GENERAL SWIM
09.30 - 11.15	AQUACISE
11.15 - 15.00	GENERAL SWIM
15.00 - 17.30	FAMILY SWIM
17.30 - 21.45	GENERAL SWIM

## TUESDAY

Time	Swim
06.30 - 11.15	GENERAL SWIM
11.15 - 12.00	AQUA CIRCUITS
12.00 - 15.00	GENERAL SWIM
15.00 - 17.30	FAMILY SWIM
17.30 - 21.45	GENERAL SWIM

## WEDNESDAY

Time	Swim
06.30 - 10.45	GENERAL SWIM
10.45 - 11.30	AQUA CIRCUITS
11.30 - 15.00	GENERAL SWIM
15.00 - 17.30	FAMILY SWIM
17.30 - 19.00	GENERAL SWIM
19.00 - 19.45	AQUA
19.45 - 21.45	GENERAL SWIM

## THURSDAY

Time	Swim
06.30 - 15.00	GENERAL SWIM
15.00 - 17.30	FAMILY SWIM
17.30 - 18.00	GENERAL SWIM
18.00 - 18.45	AQUA
18.45 - 21.45	GENERAL SWIM

## FRIDAY

Time	Swim
06.30 - 10.00	GENERAL SWIM
10.00 - 10.45	AQUACISE
10.45 - 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



THE CLUB

Burntwood Court  
Common Road  
Brierley  
Barnsley S72 9ET

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