



# Lanes Autumn Class Timetable 2018

MONDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle <b>NEW</b>	06.45 - 07.30	Studio 1	Ant P
CXWORX	06.45 - 07.15	Studio 2	Norma P
Pure Stretch <b>NEW</b>	07.30 - 08.15	Studio 2	Norma P
Body Pump	07.45 - 08.30	Studio 1	Sally D
Pilates <b>NEW</b>	08.30 - 09.15	Studio 2	Miki F
Body Combat	08.45 - 09.30	Studio 1	Sally D
Pilates	09.30 - 10.15	Studio 2	Miki F
Legs, Bums & Tums <b>NEW</b>	09.45 - 10.30	Studio 1	Tracey H-S
Yoga	10.30 - 11.30	Studio 2	Kelly C
Pilates	10.45 - 11.45	Studio 1	Miki F
Aqua Aerobics <b>NEW</b>	11.00 - 11.45	Pool ♣	Janie F
Aerobics	12.00 - 12.45	Studio 1	Sally R
Legs, Bums & Tums <b>NEW</b>	12.00 - 12.45	Studio 2	Janie F
Body Balance	13.00 - 13.45	Studio 1	Lisa B
Strictly Lanes	14.00 - 14.45	Studio 1	Kevin E
Group Cycle	17.45 - 18.30	Studio 1	Mark T
Abs & Core <b>NEW</b>	17.45 - 18.15	Studio 2	Sarah V
Body Conditioning	18.30 - 19.15	Studio 2	Sarah V
Body Combat	18.45 - 19.30	Studio 1	Sally D
Zumba	19.45 - 20.30	Studio 1	Sally D
Pilates	19.30 - 20.30	Studio 2	Annie T
Rave Aerobics <b>NEW</b>	20.45 - 21.30	Studio 1	Emily D

TUESDAY	TIME	LOCATION	INSTRUCTOR
Bootcamp	06.45 - 07.30	Studio 1	Andy T
Yoga	07.00 - 08.00	Studio 2	Yasue H
Group Cycle <b>NEW</b>	08.00 - 08.45	Studio 1	Rick H
Pilates <b>NEW</b>	08.15 - 09.15	Studio 2	Lisa B
Body Balance	09.00 - 09.45	Studio 1	Carla L
Body Conditioning	10.00 - 10.45	Studio 1	Carla L
Body Pump	11.00 - 11.45	Studio 1	Carla L
Aqua Aerobics	12.00 - 12.45	Pool ♣	Carla L
Box Fit <b>NEW</b>	12.00 - 12.45	Studio 2	Andy T
Pilates	12.00 - 13.00	Studio 1	Sam B
Use It Or Lose It	13.00 - 13.45	Studio 2	Jenny H
Tai Chi	13.30 - 14.30	Studio 1	Jan S
Yogic Sleep	14.45 - 15.30	Studio 1	Emily E
Group Cycle	17.45 - 18.30	Studio 1	Sue T
Box Fit	17.45 - 18.30	Studio 2	Andy T
Abs & Core <b>NEW</b>	18.45 - 19.15	Studio 2	Tom W
Aqua Aerobics	18.45 - 19.30	Pool ♣	Helen C
Body Combat	18.45 - 19.30	Studio 1	Rich D
Yoga	19.30 - 20.15	Studio 2	Emily E
Body Pump	19.45 - 20.30	Studio 1	Rich D
Meditation	20.30 - 21.00	Studio 2	Emily E

WEDNESDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle	06.45 - 07.30	Studio 1	Mark T
CXWORX	06.45 - 07.15	Studio 2	Sally D
Body Balance	07.30 - 08.15	Studio 2	Lisa B
Body Pump	07.45 - 08.30	Studio 1	Sally D
Pilates	08.30 - 09.15	Studio 2	Emily E
Step Aerobics	09.00 - 09.45	Studio 1	Karen T
Yoga	09.30 - 10.15	Studio 2	Emily E
Aqua Aerobics	09.45 - 10.30	Pool ♣	Sam B
Legs, Bums & Tums <b>NEW</b>	10.00 - 10.45	Studio 1	Tracey H-S
Aqua Aerobics	10.45 - 11.30	Pool ♣	Sam B
Fitness Pilates	11.00 - 11.45	Studio 1	Lisa B
Zumba	12.00 - 12.45	Studio 1	Ruby G
Yoga	12.00 - 13.00	Studio 2	Yasue H
Body Conditioning <b>NEW</b>	13.15 - 14.00	Studio 2	Sam B
Body Attack	17.30 - 18.15	Studio 1	Jodie F
CXWORX <b>NEW</b>	17.45 - 18.15	Studio 2	Jo M
Run Club	18.30 - 19.15	Outside	Andy T
Body Balance	18.30 - 19.15	Studio 2	Ruby G
Body Pump	18.30 - 19.15	Studio 1	Jo M
Zumba <b>NEW</b>	19.30 - 20.15	Studio 1	Ant P
Pilates	19.30 - 20.30	Studio 2	Carol S
Group Cycle <b>NEW</b>	20.30 - 21.15	Studio 1	Andy T

THURSDAY	TIME	LOCATION	INSTRUCTOR
Body Pump	06.45 - 07.30	Studio 1	Sally D
Box Fit <b>NEW</b>	06.45 - 07.30	Studio 2	Andy T
Body Combat	07.45 - 08.30	Studio 1	Sally D
Yoga	07.45 - 08.45	Studio 2	Yasue H
Body Pump	09.00 - 09.45	Studio 1	Dave H
Yoga	09.00 - 10.00	Studio 2	Yasue H
Group Cycle <b>NEW</b>	10.00 - 10.45	Studio 1	Sam B
Body Balance	10.15 - 11.00	Studio 2	Lisa B
Pilates	11.00 - 12.00	Studio 1	Annie T
Pure Stretch <b>NEW</b>	11.15 - 12.00	Studio 2	Sam B
Tai Chi	12.15 - 13.15	Studio 2	Jan S
Group Cycle	13.00 - 13.45	Studio 1	Simon M
Meditation	13.30 - 14.00	Studio 2	Emily E
Pilates	17.30 - 18.15	Studio 2	Lisa B
Group Cycle	17.45 - 18.30	Studio 1	Simon M
Step Aerobics	18.45 - 19.30	Studio 1	Janie F
Aqua Aerobics <b>NEW</b>	19.00 - 19.45	Pool ♣	Ant P
Yoga	19.45 - 20.45	Studio 2	Yasue H
Body Pump <b>NEW</b>	19.45 - 20.30	Studio 1	Rick H

FRIDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle	06.45 - 07.30	Studio 1	Andy T
Boot Camp <b>NEW</b>	06.45 - 07.30	Studio 2	Naomi O
CXWORX	07.45 - 08.15	Studio 1	Lisa B
Yoga <b>NEW</b>	08.00 - 09.00	Studio 2	Anja G
Body Combat	08.30 - 09.15	Studio 1	Debbie W
Pilates	09.15 - 10.15	Studio 2	Lisa B
Body Conditioning	09.30 - 10.15	Studio 1	Sam B
Aqua Aerobics	10.30 - 11.15	Pool ♣	Sam B
Yoga	10.30 - 11.30	Studio 1	Irina F
Just Breathe	10.45 - 11.30	Studio 2	Emily E
Pilates	11.45 - 12.45	Studio 1	Helen C-H
Zumba <b>NEW</b>	13.00 - 13.45	Studio 1	Ant P
Body Conditioning	14.00 - 14.45	Studio 1	Sally R
Qi Gong	16.30 - 17.30	Studio 2	Jan S
Body Pump	17.30 - 18.15	Studio 1	Karen T
Yoga	17.45 - 18.45	Studio 2	Kelly C
Rave Aerobics	18.30 - 19.15	Studio 1	Emily D
Body Balance	19.00 - 19.45	Studio 2	Jenny R
Group Cycle	19.30 - 20.15	Studio 1	Sam B

SATURDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle	08.15 - 09.00	Studio 1	Mark T
Boot Camp	09.15 - 10.00	Studio 1	Sally H
Pure Stretch <b>NEW</b>	09.15 - 10.00	Studio 2	Annie T
Body Combat	10.15 - 11.00	Studio 1	Sally H
Zumba	11.15 - 12.00	Studio 1	Sally D
Body Balance	12.15 - 13.00	Studio 1	Sally D
Yoga	13.15 - 14.15	Studio 1	Emily E
Meditation	14.30 - 15.00	Studio 1	Emily E
SUNDAY	TIME	LOCATION	INSTRUCTOR
Yoga <b>NEW</b>	08.30 - 09.30	Studio 2	Sara CJ
Body Attack	09.00 - 09.45	Studio 1	Rich D
Body Conditioning	10.00 - 10.45	Studio 1	Janie F
Pilates	11.00 - 12.00	Studio 2	Carol S
Body Pump	11.00 - 11.45	Studio 1	Sue T
Group Cycle	12.00 - 12.45	Studio 1	Mark T

# Lanes Autumn Class Timetable 2018



GYM CLASSES	TIME	LOCATION	INSTRUCTOR	COST
<b>MONDAY</b>				
Circuit Training	11.00 - 11.45	Gym ↔	Gym Team	Included
Circuit Training	18.00 - 19.00	Gym ↔	Gym Team	Included
<b>WEDNESDAY</b>				
HIIT	11.00 - 11.20	Gym ↔	Gym Team	Included
HIIT	19.30 - 19.50	Gym ↔	Gym Team	Included
<b>THURSDAY</b>				
Women's Weight Session	11.00 - 11.45	Gym ↔	Gym Team	Included
Circuit Training	19.00 - 19.45	Gym ↔	Gym Team	Included

## Bookings and Payment

- ❖ All members can book classes 8 days in advance from 7 pm in the evening.
- ❖ Please download our fitness and booking app from our website [www.laneshealthclubs.co.uk](http://www.laneshealthclubs.co.uk) this is the best way to book your class.
- ❖ Where a class is full you can book onto the class waiting list. You will be sent a text if you are moved onto the class.
- ❖ If you cannot attend a class please notify the Club giving as much notice as possible. Failure to cancel your place 2 hours before a class will result in a £5 charge or booking rights being suspended.
- ❖ All chargeable classes/courses must be paid for in advance.

## MEMBERS NOTICE

We would ask all members to observe the following:

- ❖ Please arrive 5 minutes before the start of each class and sign in on the class register.
- ❖ Notify the instructor of any injuries or medical conditions before the start of the class.
- ❖ Do not reserve spaces for friends as this is unfair to other members.
- ❖ Please consider others when talking during a class as this can be disruptive.
- ❖ Wipe down all equipment after use. Please ensure equipment is placed neatly in the store cupboard after use.
- ❖ Do not book back to back same style classes.
- ❖ Bank Holiday opening hours are 8 am to 8 pm therefore not all classes will run. Please check Bank Holiday timetable for changes.

CHARGEABLE CLASSES/COURSES	TIME	LOCATION	INSTRUCTOR	COST
<b>MONDAY</b>				
Gravity Pilates	14.30 - 16.00	Studio 2	Sarah J	£15.00 per session
<b>TUESDAY</b>				
Gravity Group Training	10.00 - 10.45	Studio 2	Ash A	£48.00 for 12 sessions
Gravity Group Beginners	11.00 - 11.45	Studio 2	Ash A	£48.00 for 12 sessions
<b>WEDNESDAY</b>				
Beginners Pilates Course	10.30 - 11.30	Studio 2	Ruby G	£40.00 for 6 weeks
<b>THURSDAY</b>				
Gravity Strength	16.00 - 16.45	Studio 2	Ash A	£48.00 for 12 sessions
Beginners Pilates Course	18.30 - 19.30	Studio 2	Lisa B	£40.00 for 6 weeks
<b>FRIDAY</b>				
Beginners Yoga Course	11.45 - 12.45	Studio 2	Sara CJ	£40.00 x 6 weeks
<b>SUNDAY</b>				
Beginners Yoga Course	09.45 - 10.45	Studio 2	Sara CJ	£40.00 for 6 weeks

## BEGINNERS COURSES – NEW FOR SEPTEMBER

We previously offered a small number of beginners Yoga and Pilates classes on the timetable. However after 5 or 6 weeks of consistent attendance members will have gained enough understanding of each discipline in order to attend the regular classes.

With this in mind and due to the high demand for spaces within our regular Pilates and Yoga classes we have removed the beginner's classes from the timetable.

Members who are new to either Yoga or Pilates will be able to attend a beginner's course which will last 6 weeks. This will provide members with the fundamentals in order to allow them to take part in any of the regular timetabled sessions.

Information on course dates and prices are available at reception. Courses must be paid for in advance. The course will be limited to 12 members and each course requires a minimum of 6 people for the course to run.