

Lanes Winter Class Timetable December 2018

MONDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle NEW TIME	06.40 - 07.25	Studio 1	Ant P
CXWORX NEW TIME	06.55 - 07.25	Studio 2	Norma P
Pure Stretch	07.30 - 08.15	Studio 2	Norma P
Body Pump	07.45 - 08.30	Studio 1	Sally D
Pilates	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	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	11.00 - 11.45	Pool ♣	Janie F
Aerobics	12.00 - 12.45	Studio 1	Sally R
Legs, Bums & Tums	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	17.45 - 18.15	Studio 2	Sarah V
Body Conditioning	18.30 - 19.15	Studio 2	Sarah V
Body Combat	18.40 - 19.25	Studio 1	Sally D
Zumba	19.35 - 20.20	Studio 1	Sally D
Pilates	19.30 - 20.30	Studio 2	Annie T
Rave Aerobics	20.30-21.15	Studio 1	Emily D

TUESDAY	TIME	LOCATION	INSTRUCTOR
Bootcamp NEW TIME	06.35 - 07.20	Studio 1	Andy T
Yoga	07.00 - 08.00	Studio 2	Yasue H
Group Cycle NEW TIME	07.25 - 08.05	Studio 1	Rick H
Pilates	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
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	18.45 - 19.15	Studio 2	Andy T
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 NEW TIME	09.10 - 09.55	Studio 1	Karen T
Yoga	09.30 - 10.15	Studio 2	Emily E
Aqua Aerobics	09.45 - 10.30	Pool ♣	Sam B
Zumba NEW	10.05 - 10.50	Studio 1	Ruby G
Body Balance NEW	10.30 - 11.15	Studio 2	Jenny R
Aqua Aerobics	10.45 - 11.30	Pool ♣	Sam B
Fitness Pilates	11.00 - 11.45	Studio 1	Lisa B
Yoga	12.00 - 13.00	Studio 1	Yasue H
Pure Stretch & Core NEW	12.15 - 13.00	Studio 2	Sam B
Body Attack	17.30 - 18.15	Studio 1	Jodie F
CXWORX	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 NEW TIME	19.25 - 20.10	Studio 1	Ant P
Pilates	19.30 - 20.30	Studio 2	Carol S
Group Cycle NEW TIME	20.20- 21.05	Studio 1	Laura S

THURSDAY	TIME	LOCATION	INSTRUCTOR
Body Pump	06.45 - 07.30	Studio 1	Sally D
Box Fit	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	08.45 - 09.45	Studio 1	Dave H
Yoga	09.00 - 10.00	Studio 2	Yasue H
Beginners Group Cycle	10.00 - 10.45	Studio 1	Sam B
Body Balance	10.15 - 11.00	Studio 2	Lisa B
Pilates	11.00 - 11.55	Studio 1	Annie T
Pure Stretch	11.15 - 12.00	Studio 2	Sam B
Tai Chi	12.05 - 13.05	Studio 1	Jan S
Group Cycle	13.15 - 14.00	Studio 1	Simon M
Meditation NEW TIME	14.10 - 14.40	Studio 2	Emily E
Pilates	17.30 - 18.15	Studio 2	Lisa B
Group Cycle	17.45 - 18.30	Studio 1	Simon M
Power Step NEW	19.00 - 19.45	Studio 1	Rick H
Aqua Aerobics	19.00 - 19.45	Pool ♣	Ant P
Yoga	19.45 - 20.45	Studio 2	Yasue H
Body Pump	19.55 - 20.40	Studio 1	Rick H
Meditation	20.45 - 21.15	Studio 2	Yasue H

FRIDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle	06.45 - 07.30	Studio 1	Andy T
CXWORX	07.45 - 08.15	Studio 1	Lisa B
Yoga	08.00 - 09.00	Studio 2	Anja G
Body Combat	08.30 - 09.15	Studio 1	Debbie W
Fitness Pilates	09.15 - 10.15	Studio 2	Lisa B
Body Conditioning	09.30 - 10.15	Studio 1	Laura S
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	Emily E
Zumba	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 NEW TIME	17.40 - 18.40	Studio 2	Kelly C
Rave Aerobics NEW TIME	18.25 - 19.10	Studio 1	Emily D
Group Cycle Circuits NEW	19.20 - 20.05	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	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 NEW TIME	08.10 - 09.10	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 Winter Class Timetable December 2018

GYM CLASSES	TIME	LOCATION	INSTRUCTOR	COST
MONDAY				
Circuit Training	11.00 - 11.45	Gym ⇄	Gym Team	Included
Circuit Training	18.00 - 18.45	Gym ⇄	Gym Team	Included
WEDNESDAY				
Abs & Core From January	07.00 - 07.15	Gym ⇄	Gym Team	Included
HIIT	11.00 - 11.20	Gym ⇄	Gym Team	Included
HIIT	19.30 - 19.50	Gym ⇄	Gym Team	Included
THURSDAY				
Women's Weights 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 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 from January 2019 will result in a £5 charge being donated to our chosen charity.
- ❖ 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 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.
- ❖ 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
MONDAY				
Strictly Lanes Chargeable from January	14.00 - 14.45	Studio 1	Kevin E	£25.00 x 6 weeks M £40.00 x 6 weeks NM
Pre-Paid Pilates NEW Starts January 2019	14.15 - 15.15	Studio 2	Ruby G	£20.00 x 6 weeks
Pre-Paid Yoga NEW Starts January 2019	20.30 - 21.30	Studio 1	Emily D	£20.00 x 6 weeks
TUESDAY				
Beginners Pilates Course Starts January 2019	09.30-10.30	Studio 2	Sam B	£40.00 x 6 weeks
THURSDAY				
Barre Class NEW Starts January 2019	12.15 - 13.00	Studio 2	Tracey H-S	£20.00 x 6 weeks
Beginners Pilates Course Starts January 2019	18.30 - 19.30	Studio 2	???	£40.00 x 6 weeks M £60.00 x 6 weeks NM
FRIDAY				
Beginners Yoga Course Starts January 2019	11.45-12.45	Studio 2	Sara CJ	£40.00 x 6 weeks M £60.00 x 6 weeks NM
SATURDAY				
Beginners Yoga Course Starts January 2019	10.15-11.15	Studio 2	Emily E	£40.00 x 6 weeks M £60.00 x 6 weeks NM

CHARGEABLE CLASSES & COURSES

From January 2019 we will be introducing some chargeable classes to our timetable, these are bookable in 6 week blocks at reception, the benefit to members means you have a guaranteed space in either Pilates, Yoga or our new Barre class for a small fee. A minimum of 8 are required in order to run these classes. These sessions are bookable from December.

BEGINNERS YOGA & PILATES COURSES

Following the success of our recent courses we will be running our Beginners Pilates and Yoga Courses again from January, these courses are bookable from December and spaces are limited to 12. Payment is required at the time of booking to guarantee a space. These courses are useful for refreshing the fundamentals of Yoga and Pilates and for complete beginners.