

Summer Class Timetable 2019

MONDAY	TIME	LOCATION	INSTRUCTOR
Group Cycle NEW TIME	06.45 - 07.30	Studio 1	Ant P
CXWORX	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	Laura S
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	Beatrice L
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
How To Workshop	12.00 - 12.30	Gym	Gym Team
Body Balance	13.00 - 13.45	Studio 1	Lisa B
Strictly Lanes	14.00 - 15.30	Studio 1	Vic & Linda
Group Cycle	17.45 - 18.30	Studio 1	Jo J
Abs & Core	17.45 - 18.15	Studio 2	Sarah V
Circuit Training	18.00 - 18.45	Outside	Gym Team
Body Conditioning	18.30 - 19.15	Studio 2	Sarah V
Body Combat	18.40 - 19.25	Studio 1	Sally D
How To Workshop	19.00 - 19.30	Gym	Gym Team
Pilates	19.30 - 20.30	Studio 2	Sam B
Swim Fit	19.30 - 20.30	Pool 🏊	Sarah V
Zumba	19.35 - 20.20	Studio 1	Sally D

TUESDAY	TIME	LOCATION	INSTRUCTOR
Bootcamp	06.35 - 07.20	Studio 1	Andy T
Yoga	07.00 - 08.00	Studio 2	Yasue H
Group Cycle	07.25 - 08.10	Studio 1	Ed W
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
Circuit Training	11.00 - 11.45	Studio 2	Gym Team
Pilates	12.00 - 13.00	Studio 1	Sam B
Aqua Aerobics	12.00 - 12.45	Pool 🏊	Laura S
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
Aqua Aerobics	18.45 - 19.30	Pool 🏊	Helen C
Body Combat	18.45 - 19.30	Studio 1	Rich D
Abs & Core	18.45 - 19.15	Studio 2	Andy T
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
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	09.10 - 09.55	Studio 1	Karen T
Yoga	09.30 - 10.15	Studio 2	Emily E
Aqua Aerobics	09.45 - 10.30	Pool 🏊	Jude B
Zumba	10.05 - 10.50	Studio 1	Ruby G
Body Balance	10.30 - 11.15	Studio 2	Jenny R
Aqua	10.45 - 11.30	Pool 🏊	Jude B
Fitness Pilates	11.00 - 11.45	Studio 1	Lisa B
HIIT	11.30 - 11.50	Studio 2	Gym Team
Yoga Flow	12.00 - 13.00	Studio 1	Yasue H
Pure Stretch & Core	12.15 - 13.00	Studio 2	Michelle N
Body Attack	17.30 - 18.15	Studio 1	Jodie F
CX Worx	17.45 - 18.15	Studio 2	Jo M
Body Balance	18.30 - 19.15	Studio 2	Ruby G
Run Club	18.30 - 19.15	Outside	Caroline H
Body Pump	18.30 - 19.15	Studio 1	Jo M
Zumba	19.25 - 20.10	Studio 1	Ant P
HIIT	19.30 - 19.50	Outside	Gym Team
Pilates	19:30-20:30	Studio 2	Carol S

We would ask all members to observe the following:

- Please arrive 5 minutes before the start of each class.
- 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 & 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 8am to 8pm this will affect some classes run on these days

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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	Laura S
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	Michelle N
Women's Weight Session NEW TIME	12.15 - 13.00	Studio 2	Gym Team
Tai Chi	12.05 - 13.05	Studio 1	Jan S
Group Cycle	13.15 - 14.00	Studio 1	Simon M
Meditation	14.10 - 14.40	Studio 2	Emily E
Pilates	17.30 - 18.15	Studio 2	Annie T
Group Cycle	17.45 - 18.30	Studio 1	Simon M
Power Step NEW TIME	18.45 - 19.30	Studio 1	Jude B
Aqua	19.00 - 19.45	Pool	Ant P
Yoga Meditation	19.45 - 21.15	Studio 2	Yasue H
Body Pump	19.55 - 20.40	Studio 1	Rachel C

FRIDAY	TIME	LOCATION	INSTRUCTOR
Swim Club	06.35 - 07.35	Pool	Sarah V
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	Jo J
Yoga	10.30 - 11.30	Studio 1	Irena F
Just Breathe	10.45 - 11.30	Studio 2	Emily E
Pilates	11.45 - 12.45	Studio 1	Caroline P
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	18.00 - 19.00	Studio 2	Beatrice L
Rave Aerobics	18.25 - 19.10	Studio 1	Emily D
Group Cycle Circuits	19.20 - 20.05	Studio 1	Andy T

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	11.20 - 12.05	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	08.10 - 09.10	Studio 2	Sara C-J
Body Attack NEW TIME	09.15 - 10.00	Studio 1	Rich D
Body Conditioning NEW TIME	10.15 - 11.00	Studio 1	Janie F
Aqua NEW CLASS	11.15 - 12.00	Pool	Janie F
Pilates	11.00 - 12.00	Studio 2	Carol S
Body Pump NEW TIME	11.15 - 12.00	Studio 1	Sue T
Group Cycle NEW TIME	12.15 - 13.00	Studio 1	Mark T

Class Bookings:

- 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 will result in a £5 charge or booking rights being suspended.
- All chargeable classes/courses must be paid for in advance.