

LANES OUTDOORS SPRING 2021

MONDAY	TIME	LOCATION	INSTRUCTOR
Spin	06.30 – 07.15	Outside	Mark T
Body Combat	07.30 – 08.15	Livestream	Rachel C
Fitness Pilates	09.15 – 10.00	Livestream	Emma S
Quick Class	09.00 – 09.15	Outside	Gym Team
Zumba (starts 19/04)	11.00 – 11.45	Livestream	Dani H
Abs & Core	16.30 – 17.00	Livestream	Andy T
Bootcamp	18.00 – 18.45	Outside	Andy T
Barre	18.00 – 18.30	Livestream	Laura S
Body Pump	19.00 – 19.45	Livestream	Jade C

TUESDAY	TIME	LOCATION	INSTRUCTOR
Quick Class	07.00 – 07.15	Outside	Gym Team
Circuits	10.00 – 10.20	Outside	Gym Team
Body Conditioning	09.30 – 10.15	Livestream	Sally H
Dance Fusion	11.00 – 11.45	Livestream	Laura S
Kettlebells	17.00 – 17.30	Livestream	Rob W
Run Club	18.00 – 18.30	Outside	Caroline H
Yoga	18.30 – 19.15	Livestream	Beatrice L

WEDNESDAY	TIME	LOCATION	INSTRUCTOR
Spin	06.30 – 07.15	Outside	Sue T
Circuits	09.30 – 09.50	Outside	Gym Team
Body Pump	09.30 – 10.15	Livestream	Karen T
Pilates	10.30 – 11.15	Livestream	Annie T
Barre	17.15 – 17.45	Livestream	Rachel C
Body Combat	18.15 – 19.00	Livestream	Sally D
Quick Class	18.30 – 18.45	Outside	Gym Team

We would ask all members to observe the following:

- Please register upon arrival
- Please arrive 5 minutes before the start of your class and head to the outside area with any equipment you may need
 - Please give your fellow gym goers room and observe social distancing at all times
 - Please wash or sanitize your hands upon entering and leaving
- Please use Sanitizers and cleaning materials available at the cleaning stations provided to wipe equipment down
 - Please only bring what you need – water bottle, towel, keys, phone and medication if required
- All equipment needed will be provided for you, but you may bring your own Mats and yoga blocks should you wish
 - .If you feel unwell or have been around someone who is unwell, please do not come to the club
- After your class please leave promptly to allow equipment to be cleaned and set up ready for the next members

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THURSDAY	TIME	LOCATION	INSTRUCTOR
Body Combat	06.30 – 07.15	Livestream	Sally D
LBT	09.30 – 10.15	Livestream	Rachel C
Abs & Core	10.30 – 10.45	Outside	Gym Team
Yoga	10.30 – 11.15	Livestream	Norma P
Spin	17.00 – 17.45	Outside	Andy T
Box fit	18.00 – 18.30	Livestream	Andy T
Pump	19.00 – 19.45	Livestream	Jo M
Quick Class	19.00 – 19.15	Outside	Gym Team

FRIDAY	TIME	LOCATION	INSTRUCTOR
Quick Class	08.00 – 08.15	Outside	Gym Team
Body Combat	08.30 – 09.15	Livestream	Laura S
Body Pump	11.00 – 11.45	Livestream	Rachel C
Tai Chi	13.00 – 14.00	Livestream	Keith C
Body Balance	16.30 – 17.15	Livestream	Norma P
Quick Class	17.30 – 17.45	Outside	Gym Team
Yoga	18.30 – 19.15	Livestream	Beatrice L
Spin Circuits	18.45 – 19.30	Outside	Andy T

SATURDAY	TIME	LOCATION	INSTRUCTOR
Spin	08.15 – 09.00	Outside	Mark T
Body Pump	08.15 – 09.00	Livestream	Sally D
Quick Class	09.00 – 09.15	Outside	Gym Team
Dance Fit	09.30 – 10.15	Livestream	Jade C
Body Combat	10.30 – 11.15	Livestream	Sally H

SUNDAY	TIME	LOCATION	INSTRUCTOR
Body Pump	09.00 – 09.45	Livestream	Sally D
Body Attack	10.15 – 11.00	Livestream	Sally H
Body Balance	11.15 – 12.00	Livestream	Norma P
Spin	12.00 – 12.45	Outside	Mark T

Its fantastic to see you back at the club.

Please adhere to social distancing guidelines

Wear a mask when not exercising or eating drinking

Please use the hand sanitisers and cleaning sprays provided

Swipe in on arrival / use the track and trace system

Please do not come to the club if you have covid symptoms or have been in close contact with someone who has tested positive for Covid-19

If you have a positive Covid test, please report to the club immediately so we can act appropriately

Please help us to keep our club as Covid safe as possible