

LANES STUDIO SPRING 2022

SATURDAY	TIME	LOCATION	INSTRUCTOR	
Spin	08.15- 09:00	Studio 1	Mark T	
Quick Class	09.00 – 09.15	Gym	Gym Team	
Body Pump	09.15- 10:00	Studio 1	Sally D	
Zumba	10.15-11:00	Studio 1	Sally D	
Conditioning	10.15-11:00	Studio 2	Sally H	
Body Combat	11.15-12:00	Studio 1	Sally H	
Aqua Groove	11.45-12.30	Pool ♣	Justine	
Pure Stretch	12.05 – 12:50	Studio 1	Sally H	

SUNDAY	TIME	LOCATION	INSTRUCTOR	
Body Attack	09.00 – 09.45	Studio 1	Richard D	
Quick Class	09.00 – 09.15	Gym	Gym Team	
Body Pump	10.00 -10.45	Studio 1	Rich D	
Yoga	11.15 – 12.00	Studio 1	Norma P	
Spin	12.15 – 13.00	Studio 1	Mark T	

TYPE	KEY FEATURES
Cardio	Heart raiser, low or high impact. Improve heart and lung function, increase bone density and reduce stress.
Flexibility	Improve the range of movement in your joints by stretching and lengthening tight and short muscles.
Strength	Classes specialise in the use of resistance to improve muscular strength and tone.

MONDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Bret K	
Body Pump	07.45 – 08.30	Studio 1	Emily D	
Body Combat	08.45 – 09.30	Studio 1	Laura S	
Body Balance	08.45 – 09.30	Studio 2	Emily D	
Quick Class	09.00 – 09.15	Gym	Gym Team	
Pilates	09.45 – 10.30	Studio 1	Emily D	
Aqua Fit	10.00 - 10.45	Pool ♣	Laura S	
Body Burn	10.00-10.45	Studio 2	Rob W	
Zumba	10.45-11.30	Studio 1	Dani H	
Yoga	11.45 – 12.45	Studio 2	Yasue	
Use It Or Lose It	12.00 – 12.30	Studio 1	Fin	
*Strictly Lanes	13.00 – 14.30	Studio 1	*Vic & Linda	
Conditioning	13:00 – 13:45	Studio 2 - VIRTUAL	VIRTUAL	
*Beginners Strictly	15.00 – 15.45	Studio 1	*Vic & Linda	
Abs & Core	17.00 – 17.30	Studio 1	Andy T	
Classic Aqua	18.30-19.15	Pool ♣	Jude B	
Bootcamp	18.00 – 18.45	Outside	Andy T	
Totally Shredded	18.00 – 18.45	Studio 1	Sam G	
Sh'bam	19.15 – 20.00	Studio 1	Rich	
Pilates	19.20- 20.05	Studio 2	Jude B	
Swim Fit	19.30 – 20.30	Pool ♣	Sarah V	

TUESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Body Pump	06.30- 07.15	Studio 1	Sally D	
Body Balance	07.45 – 08.30	Studio 1	Norma	
Pilates	09.00 – 09.45	Studio 2	Janet P	
Step	09.00 – 09.45	Studio 1	Karen	
Stretch	10.00 – 10.30	Studio 2	Janet P	
Conditioning	10.00-10.45	Studio 1	Fin	
Aqua Groove	10:30 – 11:15	Pool ♣	Justine	
Dance Fusion	10.50 -11.35	Studio 1	Laura S	
Lower back specialist class *	11:00 – 11:45	Studio 2	Abbi	
Core Strength	11.30-12.15	Studio 2	Justine	
Yoga	11.45 -12.30	Studio 1	Beatrice L	
Osteoarthritis *	12:00 -12:45	Studio 2	Abbi	
Yoga Sleep	12.40 – 13.25	Studio 1	Beatrice L	
Abs & Core	13:30 – 14:00	Studio 2 - VIRTUAL	VIRTUAL	
Spin	17.30-18.15	Studio 1	Jo M	
HIIT	17.30 – 18.00	Studio 2	Abi C	
Body Combat	18.30-19.15	Studio 1	Rich D	
Fitness Pilates	18.30-19.15	Studio 2	Ruby	
Run Club	18.00-18.30	Outside	Fin M	
Body Balance	19.30-20.15	Studio 2	Ruby	
Body Pump	19.30 - 20.15	Studio 1	Rich D	

WEDNESDAY	TIME	LOCATION	INSTRUCTOR	KEY
Spin	06.30 – 07.15	Studio 1	Sue T	
Barre & Burn	08.30 - 09.15	Studio 1	Laura S	
Pilates	09.30- 10.15	Studio 1	Sam B	
Quick Class	09.30 – 09.45	Gym	Gym team	
Classic Aqua	09.30 – 10.15	Pool ♣	Jude B	
Spin Circuits	10.30 – 11.15	Studio 1	Rob W	
LBT	10.30 – 11.15	Studio 2	Jude	
Ballroom Blitz	11.30-12.15	Studio 1	Justine	
Strength	12:00 – 12:45	Studio 2 - VIRTUAL	VIRTUAL	
Body Balance	13.30 – 14.15	Studio 1	Rach C	
Spin	17.00 – 17.45	Studio 1	Norma P	
Pilates	18.00 – 18.45	Studio 1	Annie T	
LM core	18.00 – 18.30	Studio 2	Norma P	
Pure Stretch	18.45- 19.15	Studio 2	Norma P	
Latin Inspired Dance	19.00 – 19.45	Studio 1	Ruby	

THURSDAY	TIME	LOCATION	INSTRUCTOR	KEY
HIIT Circuits	06.30 – 07.15	Studio 1	Sally D	
Pilates	07.45 – 08.30	Studio 1	Ruby	
Quick Class	08.30-08.45	Gym	Gym Team	
Body Attack	09.00 – 09.45	Studio 1	Laura S	
SMASH Aerobics	10.00 – 10.45	Studio 1	Laura S	
Body Pump	11.00 – 11.45	Studio 1	Rach C	
Yogalates	12.00 – 12.45	Studio 1	Annie T	
Pilates	12:00 – 12:45	Studio 2 VIRTUAL	VIRTUAL	
Aqua Strength	12:30 – 13:15	Pool ♣	Sam B	
Meno Strength	13:45 – 14:30	Studio 2	Sam B	
Use it or loose it	15.00 – 15.30	Studio 1	Fin	
Retro Spin	17.00 – 17.45	Studio 1	Andy T	
HIIT	18:00 – 18:30	Studio 2 VIRTUAL	VIRTUAL	
Pump	18:15 – 19.00	Studio 1	Jo M	
Yoga	18.45 – 19.45	Studio 2	Yasue	
LM Core	19.15 – 19.45	Studio 1	Jo M	

FRIDAY	TIME	LOCATION	INSTRUCTOR	KEY
Swim Fit	06.30 – 07.30	Pool ♣	Sarah V	
Spin	06.30 – 07.15	Studio 1	Sue T	
Quick Class	08.00 – 08.15	Gym	Gym Team	
Combat	08.45 – 09.30	Studio 1	Laura S	
Body Burn	09.00 -09.45	Studio 2	Rob W	
Aqua Aerobics	09.15 – 10.00	Pool ♣	Emma S	
Lanes Mix (1 hr)	09.45- 10.45	Studio 1	Laura S	
Yoga	10.00 -11.00	Studio 2	Bennie	
Spin	11.00 – 11.45	Studio 1	Karen T	
Meditation Based	11.00 – 11.45	Studio 2 - VIRTUAL	VIRTUAL	
Pilates	12.00 – 12.45	Studio 1	Annie T	
Tai Chi	13.00 – 14.00	Studio 1	Keith C	
Chair Exercise	14.15 – 14.45	Studio 1	Fin	
Pump	17.45 – 18.30	Studio 1	Dwayne	
Yin Yoga	17.45 – 18.45	Studio 2	Beatrice L	
Spin Circuits	18.40 – 19.25	Studio 1	Andy T	