


# Studio Classes

January - March 2019

Our current timetable is also available to download from our website  
[www.donningtonvalley.co.uk](http://www.donningtonvalley.co.uk)

Please book your classes up to 7 days in advance with Health Club Reception

 Gold members only class

MON	<i>Studio Cycling</i> 07.00 - 07.45 FITNESS TEAM	<i>Aerobics</i> 09.30 - 10.30 SARAH	<i>Aqua Aerobics</i> 09.30 - 10.15 DAWN	<i>Yoga</i> 10.35 - 11.45 BENJAMIN 	<i>Jump</i> 12.00 - 12.45 MONIKA	<i>Circuits</i> 17.55 - 18.40 FITNESS TEAM	<i>Boxercise</i> 18.45 - 19.30 FITNESS TEAM	<i>Tai Chi</i> 19.35 - 20.35 SIMON
	TUES	<i>Body Pump</i> 09.30 - 10.30 JESS	<i>Intermediate Pilates</i> 10.35 - 11.35 JESS 	<i>Pilates</i> 11.45 - 12.45 HANNAH 	<i>Studio Cycling</i> 17.50 - 18.35 FITNESS TEAM	<i>Aqua Aerobics</i> 18.15 - 19.00 DAWN	<i>Body Pump</i> 18.40 - 19.40 JEN	<i>Yoga</i> 19.45 - 21.00 MADDY
WEDS		<i>Circuits</i> 07.00 - 07.45 FITNESS TEAM	<i>Cardio Blitz</i> 09.30 - 10.30 DAWN	<i>Body Balance</i> 10.35 - 11.35 SAMANTHA	<i>Body Toning</i> 12.00 - 12.45 SAM	<i>Family Fun Pool Session</i> 15.00 - 17.00	<i>Abs Blast</i> 17.30 - 17.55 FITNESS TEAM	<i>Body Toning</i> 18.00 - 18.45 RADKA
	THURS	<i>Zumba</i> 09.30 - 10.15 BEE JACKS	<i>Aqua Aerobics</i> 10.30 - 11.15 BEE JACKS	<i>Pilates</i> 10.40 - 11.40 HANNAH 	<i>Yoga</i> 12.00 - 13.15 HELEN 	<i>Aqua Aerobic</i> 17.30 - 18.15 SARAH	<i>Studio Cycling</i> 17.45 - 18.15 FITNESS TEAM	<i>Body Pump</i> 18.20 - 19.05 SARAH
FRI		<i>Boxercise</i> 07.00 - 07.45 FITNESS TEAM	<i>Aerobics</i> 09.30 - 10.30 DAWN	<i>Body Pump</i> 10.45 - 11.45 TRICIA	<i>Pilates</i> 12.00 - 13.00 JESS	<i>Zumba</i> 17.30 - 18.15 EMMA 		
	SAT	<i>Studio Cycling</i> 09.30 - 10.15 FITNESS TEAM	<i>Abs Blast</i> 10.30 - 11.00 FITNESS TEAM					
SUN		<i>Studio Cycling</i> 09.00 - 09.45 FITNESS TEAM	<i>Body Pump</i> 09.55 - 10.55 SARAH	<i>Family Fun Pool Session</i> 10.00 - 12.00	<i>Pilates</i> 11.00 - 12.00 SARAH			