



ClubSpa@Kenwick – Autumn class schedule – 6th September 2020

Day	Class	Time	Location	
Monday	Indoor cycling NEW	0700-0730	Studio 2	
	Virtual indoor cycling	0900-0945	Studio 2	
	Body con NEW	1000-1045	Studio 1	
	Aqua	1115-1145	Pool	
	Pilates	1400-1500	Studio 1	
	Zumba NEW	1700-1745	Studio 1	
	Body con	1800-1845	Studio 1	
	Clubercise NEW	1915-2000	Studio 1	
	Indoor cycling	1900-1945	Studio 2	
Tuesday	Aqua jog NEW	0700-0730	Pool	
	Cir-HIIT NEW	0900-0945	Studio 1	
	Yoga	1030-1200	Studio 1	
	Aqua NEW	1215-1245	Pool	
	Clubercise NEW	1230-1330	Studio 1	
	Zumba Tone NEW	1345-1430	Studio 1	
	Zumba NEW	1445-1545	Studio 1	
	Virtual indoor cycling	1900-1945	Studio 2	
	HIIT	0700-0730	Studio 1	
Wednesday	Latin Solo NEW	0900-1000	Studio 1	
	Step NEW	1015-1115	Studio 1	
	Yoga	1130-1300	Studio 1	
	Virtual indoor cycling	1300-1330	Studio 2	
	Bounce Fitness NEW	1700-1730	Studio 1	
	Zumba Tone NEW	1800-1845	Studio 1	
	Clubercise NEW	1900-2000	Studio 1	
	Thursday	Circuits NEW	0700-0730	Studio 1
		Cir-HIIT	1000-1045	Studio 1
Aqua		1115-1145	Pool	
Yoga		1200-1330	Studio 1	
Zumba		1800-1845	Studio 1	
Pilates		1900-2000	Studio 1	
Friday	Virtual indoor cycling	0700-0730	Studio 2	
	Indoor cycling	0900-0945	Studio 1	
	Aqua	1115-1145	Pool	
	Pilates	1330-1430	Studio 1	
	Virtual indoor cycling	1700-1745	Studio 2	
Saturday	Virtual indoor cycling	0900-0945	Studio 2	
	Core	1000-1020	Studio 1	
	Body con	1030-1130	Studio 1	
	Pilates	1145-1245	Studio 1	
Sunday	Virtual indoor cycling	1000-1030	Studio 2	
	Body con	1045-1130	Studio 1	

- All classes are booked on a first come first served basis
- Can be booked no more than 7 days in advance
- Not to be booked before 7.00am
- Classes can be withdrawn at any time
- Participants must be healthy and well to attend and make instructor aware of injuries