Time	Class	Instructor	Studio	Level
FRIDAY				
07.00 - 07.30	Spinning	Ryan	S3	G
08.15 - 09.15	Hatha Yoga	Kit	S2	G
08.50 - 09.20	Mini Blast	Ryan	S1	G
09.30 - 10.20	Step & Tone	Jenny	S1	G
09.30 - 10.20	Pilates	Margaret	S2	G
09.30 - 10.20	Aqua	Judith	Pool	G
10.30 - 11.20	Coffee Aerobics	Jenny	S1	G
10.30 - 11.20	Pilates	Margaret	S2	G
11.30 - 13.00	Hatha Yoga	Kit	S2	G
17.00 - 18.30	Junior Taekwondo	Debra	S1	6-15yrs
17.30 - 18.20	Spin & Kettlebell	Sarah	S3	G
18.00 - 19.00	Hatha Yoga	Kit	S2	G
SATURDAY				
08.30 - 08.55	Spinning	Jenny/Alice	S3	G
09.00 - 09.25	Pump	Jenny/Alice	S1	G
09.30 - 09.55	HIIT	Jenny/Alice	S1	I
09.30 - 10.30	Fit Kids	Libby	S2	4-9yrs
10.00 - 10.30	Kids Games	Sarah/Lydia	Tennis Hall	4-9yrs
10.00 - 10.25	Bosu	Jenny/Alice	S1	G
10.30 - 11.20	Junior Cardio Tennis*	Sarah/Lydia	Tennis Hall	4-9yrs
10.30 - 11.20	Step	Jenny/Alice	S1	I
10.30 - 11.20	Kids Disco Dancing	Libby	S2	5-16yrs
11.30 - 12.20	Zumba	Sharon	S1	G
12.00 - 12.50	Tai Chi	Pam	S2	G
12.30 - 13.20	Trigger Point Pilates	Sharon	S1	G
SUNDAY				
09.30 - 10.20	Pilates	Margaret	S2	G
10.00 - 11.30	Junior Taekwondo	Debra	S1	6-15yrs
10.00 - 10.25	Spinning	Alice/Ryan	S3	G
10.30 - 11.20	Circuit	Alice/Katy	S2	I

Class Level: G = General I = Intermediate
S1 = Studio 1 S2 = Studio 2 S3 = Studio 3

Book your class online at crowwood.com, at reception or call 01282 421222 as places are limited.

* Non Racquets members welcome

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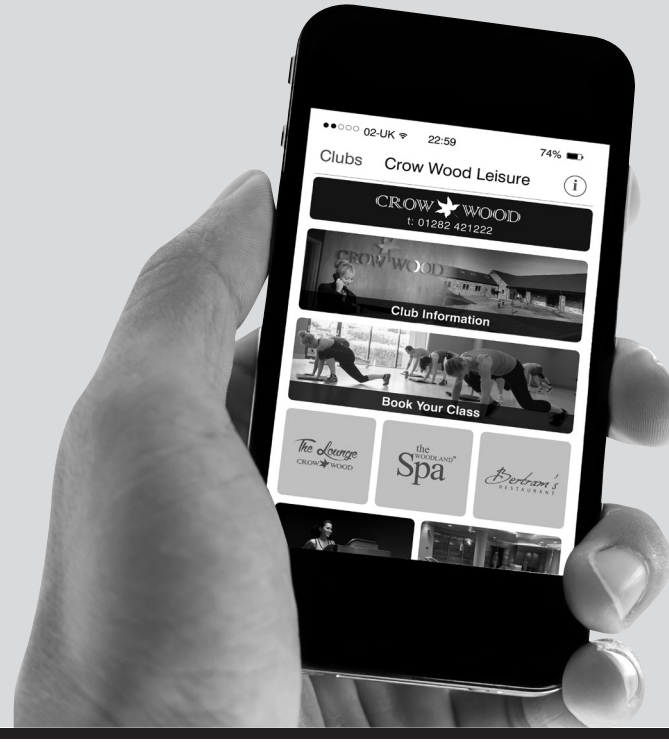

Group Fitness Timetable

February 2017

MONDAY

Time	Class	Instructor	Studio	Level
07.00 - 07.30	HIIT	Jenny	S1	I
08.50 - 09.20	Mini Blast	Emma/Rach	S1	G
09.30 - 10.20	Coffee Aerobics	Pauline	S1	G
09.30 - 09.55	Spinning	Rach	S3	G
09.30 - 09.55	TRX	Emma	S2	G
10.00 - 10.30	Pump	Emma/Rach	S2	G
10.00 - 10.30	Spinning	Ryan	S3	G
10.30 - 11.20	Aqua	Sarah	Pool	G
10.45 - 12.15	Hatha Yoga	Kit	S2	G
11.30 - 12.30	Cardio Tennis*	Liam	Tennis Hall	Adults
12.30 - 13.20	Zumba	Ingrid	S1	G
13.30 - 14.30	Hatha Yoga	Kit	S2	G
16.30 - 17.50	Junior Taekwondo	Debra	S2	6-15yrs
17.20 - 17.50	Mad For Abs	Aidan	S1	G
18.00 - 18.50	Power Pump	Alice	S1	G
18.00 - 18.50	Pilates	Avril	S2	G
18.00 - 18.45	Spinning & HIIT	Katy	S3	I
19.00 - 19.50	Step & Bosu	Alice	S1	G
19.00 - 19.30	Boxercise	Aidan	S2	G

TUESDAY

Time	Class	Instructor	Studio	Level
07.00 - 07.30	Fitball	Emma	S1	G
09.30 - 10.20	Fitness Step	Pauline	S2	I
09.30 - 09.55	Spinning	Alice/Sarah	S3	G
10.00 - 10.25	Bosu	Alice/Sarah	S1	G
10.30 - 11.20	Tae Bo & Tone	Alice	S1	G
10.30 - 11.20	Pilates	Margaret	S2	G
11.30 - 12.20	Pilates	Caroline	S2	G
17.20 - 17.50	Circuits	Jenny	S2	G
18.00 - 18.50	Spin & Kettlebell	Rach	S3	I
18.00 - 18.25	Step	Jenny	S1	I
18.00 - 19.30	Hatha Yoga	Kit	S2	G
18.30 - 19.20	Aerotone	Jenny	S1	G
19.00 - 19.30	Spinning	Ryan	S3	G
19.30 - 20.00	TRX & Kettlebell	Jenny	S2	G

WEDNESDAY

Time	Class	Instructor	Studio	Level
07.00 - 07.40	Spin & Kettlebell	Emma	S3	G
09.30 - 10.20	Dance Step	Jenny	S1	I
09.30 - 10.20	Ashtanga/Power Yoga	Shannon	S2	I
09.30 - 10.20	Aqua	Sarah	Pool	G
10.30 - 11.20	Coffee Aerobics	Janine	S1	G
10.30 - 11.10	Pump	Alice	S2	G
12.00 - 12.50	Tai Chi	Pam	S2	G
17.20 - 17.50	Kettlebell & TRX	Rach/Aidan	S2	G
18.00 - 18.45	Spin Core	Lauren	S3	G
18.00 - 18.50	Ashtanga/Power Yoga	Shannon	S2	I
18.00 - 18.50	Bosu & Pump	Katy/Rach	S1	G
19.00 - 19.30	Beginners Step	Katy	S1	G

THURSDAY

Time	Class	Instructor	Studio	Level
07.00 - 07.30	Mini Blast	Emma/Katy	S1	G
08.30 - 09.20	Pilates	Avril	S2	G
09.30 - 10.20	Bosu & Kettlebell	Alice/Katy	S1	G
09.30 - 10.20	Pilates	Avril	S2	G
10.30 - 11.20	Step & Pump	Alice/Katy	S1	G
11.30 - 12.20	Zumba	Ingrid	S1	G
11.30 - 12.30	Cardio Tennis*	Liam	Tennis Hall	G
17.20 - 17.50	TRX & Kettlebell	Ryan	S2	G
18.00 - 18.50	Boxfit	Sharon	S1	G
18.00 - 18.30	Spinning	Ryan	S3	G
18.00 - 18.50	Circuits	Sarah/Aidan	S2	G
19.00 - 19.30	Bosu	Ryan/Sarah	S1	G

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