

# STUDIO TIMETABLE – JANUARY 2010

Please see any **Class Cancellations**  
for January below.  
Apologies for any inconvenience.

BodyWorksWest  
AT LAMBTON PLACE

## MONDAY

Time	Class	Instructor	Studio	Level
06.45 - 07.30	GROUP CYCLE	Ana	Spin	General
07.30 - 08.30	STRETCHWORKS	Alison	Main	General
09.15 - 09.45**	30 minute BUTT BUSTER	Sharon (starts 11 Jan)	Studio 2	General
09.30 - 10.30	HATHA/SCARAVELLI	Laura S	Main	Intermediate
10.00 - 10.45	AQUAFIT	Lucy	Pool	General
10.00 - 11.00	PILATES REFORMER	Lucy Slater	*1 to 3	General
10.30 - 11.15	LEGS BUMS TUMS	Vicky	Main	General
11.00 - 12.00	PILATES REFORMER	Lucy Slater	*1 to 3	General
12.00 - 12.45	GROUP CYCLE	Lucy	Spin	General
12.30 - 13.30	PILATES REFORMER	Anne Marie	*1 to 3	General
13.00 - 14.15	HATHA VINYASA FLOW	Janaki (starts 11 Jan)	Main	Intermediate
17.15 - 18.15	DYNAMIC YOGA	Fay	Main	Advanced
19.00 - 20.00	PILATES REFORMER	Lucy Slater	*1 to 3	General
19.00 - 20.00	PILATES MAT	Kia (coming soon)	Studio 2	General
19.15 - 20.00	GROUP CYCLE	Remzi	Spin	General
19.15 - 20.15	PILATES	Daniel	Main	Inter/Adv

## TUESDAY

Time	Class	Instructor	Studio	Level
07.00 - 08.00	GROUP CYCLE	Remzi	Spin	General
07.30 - 08.30	DYNAMIC YOGA	Fay	Main	Intermediate
09.15 - 10.15**	BODYMOVES (starts 12 Jan)	Mandy	Main	General
09.00 - 10.00	PILATES REFORMER	Daniel	*1 to 3	Flow
09.30 - 10.15	AQUAFIT	Fortuna	Pool	General
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
10.30 - 12.00	HATHA YOGA	Erika	Main	Beg/Inter
12.00 - 13.30	HATHA YOGA	Erika	Main	Inter/Adv
18.00 - 19.00	PILATES REFORMER	Daniel	*1 to 3	Flow
18.30 - 19.30	YOGA (starts 26 Jan)	Jen	*Studio 2	General
19.00 - 19.45	GROUP CYCLE	Simon	Spin	General
19.00 - 20.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
19.45 - 20.15**	30 minute ABS WORKOUT	Starts 19 <sup>th</sup> Jan	Main	General
20.00 - 21.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic

## WEDNESDAY

Time	Class	Instructor	Studio	Level
07.00 - 08.00	PILATES	Sana	Main	Beginner
07.45 - 08.30	AQUAFIT	Lucy Slater	Pool	General
09.00 - 10.00	HATHA YOGA	Anna	Main	Beginner
10.00 - 11.00	BODY CONDITIONING	Richard	Main	General
10.00 - 11.00	PILATES REFORMER	Anne Marie	1 to 3	General
11.00 - 11.45	GROUP CYCLE	Charles	Spin	General
12.30 - 13.30	PILATES	Rosy	Main	Intermediate
13.00 - 14.00	YOGA	Jen (starts 27 Jan)	*Studio 2	General
14.30 - 15.30	STRETCHWORKS	Alison	Main	General
18.30 - 19.30	PILATES REFORMER	Anne Marie	*1 to 3	General
19.00 - 20.00	GROUP CYCLE	Remzi	Spin	General
19.45 - 20.15	30 minute Fitball (Pilates based)	Kia	COMING SOON	

# STUDIO TIMETABLE – JANUARY 2010

## THURSDAY

Time	Class	Instructor	Studio	Level
07.00 - 07.45	GROUP CYCLE	Ana	Spin	General
07.15 - 08.15	DYNAMIC YOGA	Fay	Main	Beg/Inter
08.00 - 09.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
09.00 - 09.45	AQUAFIT	Lucy Slater	Pool	General
09.00 - 10.00	PILATES	Daniel	Main	Beginner
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
11.00 - 12.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
10.30 - 12.00	DYNAMIC FLOW	Anya	Main	Inter/Adv
12.15 - 13.00	LEGS BUMS TUMS	Paula	Main	General
12.15 - 13.00	GROUP CYCLE	Simon	Spin	General
13.00 - 13.45	CIRCUITS	Simon	Main	General
14.00 - 15.00	HATHA YOGA	Fay	Main	Intermediate
17.00 - 18.00	PILATES REFORMER	Daniel	*1 to 3	Flow
18.00 - 19.00	PILATES	Daniel	Main	Beg/Inter
18.30 - 19.00	BUTT BUSTER (starts 14 Jan)	Sharon	Studio 2	General
19.00 - 19.45	GROUP CYCLE	Charles	Spin	General
19.00 - 20.00	YOGA (starts 21 Jan)	Jen	Studio 2	General
19.00 - 19.45	BOXING	Simon	Main	General
19.00 - 20.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic

## FRIDAY

Time	Class	Instructor	Studio	Level
07.30 - 08.30	DYNAMIC YOGA	Fay	Main	Intermediate
08.30 - 09.30	PILATES	Natalia	Main	Intermediate
08.45 - 09.30	AQUAFIT	Ayesha	Pool	General
09.30 - 10.30	PILATES REFORMER	Michelle	*1 to 3	General
09.45 - 10.45	HATHA YOGA (starts 8 Jan)	Janaki	Main	Intermediate
10.00 - 10.45	GROUP CYCLE	Lucy	Spin	General
10.30 - 11.30	PILATES REFORMER	Michelle	*1 to 3	General
10.45 - 11.45	POSTURE/CORE COND	Lucy	Main	General
12.00 - 13.00	HATHA YOGA	Anna	Main	Beginner
13.30 - 14.30	STRETCHWORKS	Alison	Main	General
18.45 - 20.15	HATHA YOGA	Erika	Main	Inter/Adv

## SATURDAY

Time	Class	Instructor	Studio	Level
09.00 - 10.00	DYNAMIC YOGA	Fay	Main	Inter/Adv
09.00 - 10.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
09.15 - 10.15	GROUP CYCLE	Ana	Spin	General
10.00 - 11.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
10.15 - 11.00	BOXFIT	Kari	Main	General
10.45 - 11.30	AQUAFIT	Vicky K	Pool	General
11.00 - 12.00	PILATES	Daniel	Main	Beg/Inter
12.00 - 13.00	PILATES REFORMER	Daniel	*1 to 3	Dynamic
16.00 - 17.00	PILATES REFORMER	Daniel	*1 to 3	Flow
17.00 - 18.00	PILATES	Daniel	Main	Inter/Adv
17.00 - 18.00	YOGA (starts 23 Jan)	Jen	Studio 2	General

## SUNDAY

Time	Class	Instructor	Studio	Level
09.30 - 10.30	BODYWORKS	Lisa	Main	General
09.30 - 10.15	GROUP CYCLE	Charles	Spin	General
10.00 - 11.00	PILATES REFORMER	Michelle	*1 to 3	General
10.30 - 11.15	GROUP CYCLE	Charles	Spin	General
11.00 - 12.00	PILATES REFORMER	Michelle	*1 to 3	General
11.30 - 13.00	YOGA MOVES	Phillipa	Main	Inter/ Adv
12.00 - 13.00	PILATES REFORMER	Michelle	*1 to 3	General
16.00 - 17.30	DYNAMIC FLOW	Anya	Main	Beg/Inter
17.30 - 19.00	DYNAMIC FLOW	Anya	Main	Inter/Adv
18.00 - 18.45	GROUP CYCLE	Charles/Kari	Main	General

# STUDIO UPDATES

## Studio 2 and Studio \*1 to 3

(Located on the ground floor)

Yoga and Pilates mat & Butt buster classes are held in studio 2.  
Bookings can be made at reception  
for a max of 4 people. (No fee)

Pilates Reformer sessions are held in Studio 1to3  
Bookings can be made at reception.  
Fee £20/hr or £180/10 sessions  
(Members only)

## Class Cancellation January 2010

Tuesday 9.15am BodyWorks with Mandy – back 12<sup>th</sup> Jan 2010  
Tuesday 1.30pm Cardio Latino Dance –back 5<sup>th</sup> Jan 2010  
Tuesday 19.45 Abs Workout with John – cancelled 5/12<sup>th</sup> Jan 2010

Friday Hatha Yoga 9.45am with Janaki – back 8<sup>th</sup> Jan

SEE BELOW FOR CHRISTMAS  
STUDIO TIMETABLE

# BWW

# CHRISTMAS STUDIO TIMETABLE

## THURSDAY 24<sup>th</sup> December 6.15-3pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.00-10.45	Legs Tums & Bums	Paula	General
11.00-11.45	Group Cycle	Simon	General
11.00-12.15	Dynamic Yoga	Fay	Intermediate

**Friday 25<sup>th</sup> December - CHRISTMAS DAY - CLOSED**

**Saturday 26<sup>th</sup> December – BOXING DAY - CLOSED**

## Sunday 27<sup>th</sup> December – 10am-6pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.15-11.00	Group Cycle	Charles	General
11.15-12.15	Bodyworks	Lisa	General
12.30-13.45	Dynamic Flow	Fay	Intermediate

## Monday 28<sup>th</sup> December – 10am-6pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.15-11.00	Group Cycle	Richard	General
11.00-12.00	Legs Bums & Tums	Richard	General
12.15-13.30	Hatha Yoga	Laura	Intermediate

## Tuesday 29<sup>th</sup> December – 7am-9pm

TIME	CLASS	INSTRUCTOR	LEVEL
07.15-08.00	Group Cycle	Lucy Smith	General
09.30-10.15	Aquafit	Lucy Smith	General
10.30-11.15	Posture & Core Conditioning	Lucy Smith	General
18.30-20.15	Hatha Yoga	Sophie	Intermediate
19.00-19.45	Group Cycle	Simon	General

## Wednesday 30<sup>th</sup> December – 7am-9pm

TIME	CLASS	INSTRUCTOR	LEVEL
09.00-10.00	Body Conditioning	Richard	General
10.15-11.00	Group Cycle	Charles	General
07.45-08.30	Aquafit	Lucy Slater	General
10.30-11.45	Dynamic Flow	Sophie	Intermediate
14.30-15.30	Stretchworks	Alison	General
19.00-19.45	Group Cycle	Lisa	General

## Thursday 31<sup>st</sup> December – 7am-3pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.00-10.45	Legs Bums & Tums	Paula	General
11.00-11.45	Group Cycle	Simon	General
11.30-12.45	Yoga Moves	Phillipa	Intermediate

**Friday 1<sup>st</sup> January – NEW YEAR'S DAY - CLOSED**

## Saturday 2<sup>nd</sup> January – 10am-6pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.15-11.00	Group Cycle	Simon	General
10.15-11.15	Dynamic Yoga	Fay	Intermediate
11.30-12.15	Boxfit	Camilla	General

## Sunday 3<sup>rd</sup> January – 10am-6pm

TIME	CLASS	INSTRUCTOR	LEVEL
10.15-11.00	Group Cycle	Charles	General
11.15-12.15	BodyWorks	Lisa	General
12.30-13.45	Yoga Moves	Phillipa	Intermediate

**Monday 4<sup>th</sup> January – back to normal!**