



Stanbridge Earls Class Timetable

From March 2022

Time	Class	Instructor	Gym use allowed
MONDAY			
09:45 - 10:45	Yoga (Find Your Flow)	Carley	No
11:00 - 11:45	Yoga (Chair)	Carley	No
15:00 - 15:45	Better Balance	Alex	Yes
17:00 - 18:00	Owners Family swim (owners only)	N/A	Pool/ wet side - No
18:30 - 19:15	Circuits	Alex	Yes
TUESDAY			
11:30 - 12:15	Aqua Fit	Alex	Pool/ wet side - No
13:45 - 14:30	Pilates	Kim	No
15:00 - 15:45	Chair Based Exercise (CB Ex)	Alex	No
18:30 - 19:00	Stretchability	Alex	Yes
WEDNESDAY			
13:15 - 14:00	Pilates	Kim	No
15:00 - 16:00	Line Dancing (£6.50)	Sherree	No
THURSDAY			
13:30 - 14:00	Stretchability	Alex	Yes
15:00 - 15:45	Chair Based Exercise (CB Ex)	Alex	No
17:00 - 18:00	Owners Family swim (owners only)	N/A	Pool/ wet side - No
18:30 - 19:15	Body Con - Circuits	Alex	Yes
FRIDAY			
10:30 - 11:00	Qi Gong	Alex	No
11:30 - 12:15	Aqua Fit	Alex	Pool/ wet side - No
13:30 - 15:00	Pool closed for cleaning	N/A	Pool/ wet side - No
15:00 - 15:45	Better Balance	Alex	Yes
SATURDAY			
11:00 - 12:00	Owners Family swim (owners only)	N/A	Pool/ wet side - No
SUNDAY			
10:30 - 11:00	Qi Gong	Alex	No
11:30 - 12:15	Aqua Fit	Alex	Pool/ wet side - No
13:00 - 14:00	Owners Family swim (owners only)	N/A	Pool/ wet side - No

Advance booking required and subject to availability. Book online via Smoothbook to use the gym, pool, and for classes.

Training Program – We offer as much or as little support as you need. All owners and members will receive an induction session on first visit which includes expert fitness advice.

Personal Training – It is so much easier with a Personal Trainer. Imagine having your own expert to motivate you, monitor your progress and ensure you are focusing on the right exercises. A Personal Trainer will not just help your fitness, they will help you reach your goals so much faster and have fun while you are at it.
(Additional charges will apply)