

CROW WOOD

HEALTH & LEISURE CLUB

LIFE HAS IT'S
UPS AND DOWNS.
WE CALL THEM
SQUATS.

Group Fitness Timetable

August 2026

BOOKING ESSENTIAL

Book your class via the new '**Technogym App**', at reception
or call **01282 421222** as places are limited

<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>	<i>Level</i>
MONDAY				
06:40-07.20	Pump	Louisa	S1	G
08:15-09:15	Hatha Yoga	Kit	S2	G
08:50-09:30	Pump	Louisa	S1	G
09:30-10:15	Aqua	Janina	Pool	G
09:30-10:20	Pilates	Joanne	S2	G
09:40-10:20	Body Blitz	Instructor	S1	G
10:00-10:30	Group Cycle	Louisa	S3	G
10:30-11:20	Coffee Aerobics	Instructor	S1	G
10:30-11:30	Hatha Yoga	Kit	S2	G
11:35-12:25	Cardio Dance	Lauren	S1	G
12:00-13:00	Gentle Yoga	Kit	S2	B
13:30-14:30	Chair Yoga	Kit	S2	B
14:45-15:30	Tai Chi	Bledd	S2	B
16:30-17:30	Junior Taekwondo	Debra	S1	6-15yrs
17:20-17:50	Abs	Aidan	S2	G
18:00-18:50	Pilates	Avril	S2	G
18:00-18:40	Body Blitz	Alisa	S1	G
18:15-19:00	Power Group Cycle	Lauren	S3	G
TUESDAY				
06:20-06:50	HIIT & Weights	Layla	S1	G
07:00-07:30	Core Conditioning	Michael	S1	G
08:00-08:40	Zumba	Sharon	S1	G
08:50-09:30	Pump	Alisa	S1	G
09:30-10:20	Pilates	Margaret	S2	G
09:40-10:20	Body Blitz	Claire	S1	G
10.30-11.00	Basic Step & Tone	Alisa	S1	B
10:30-11:20	Pilates	Margaret	S2	G
11:30-12:20	Pilates	Caroline	S2	G
11:30-12:20	Cardio Dance	Lauren	S1	G
12:30-13:20	Pilates	Caroline	S2	G
14:00-14:45	Low Mobility Circuit	Instructor	S1	B
16:15-17:00	Kids Street Dance**	Sarah	S1	4-10years
17:20-17:50	Pump	Rhianna	S1	G
17:20-18:20	Hatha Yoga	Elma	S2	G
18:00-18:40	Group Cycle	Lauren	S3	G
18:00-18:50	Step & Tone	Jenny	S1	G
18:30-19:30	Hatha Yoga	Nancy	S2	I
19:40-20:40	Ashtanga Yoga	Nancy	S2	I

<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>	<i>Level</i>
WEDNESDAY				
06:10-06:50	Circuits	Louisa	S1	G
07:00-07:30	Group Cycle	Louisa	S3	G
08:30-09:20	Vinyasa Flow	Shannon	S2	I
08:40-09:20	Circuits	Jenny	S1	G
09:30-10:20	Dance Step	Jenny	S1	I
09:30-10:20	Vinyasa Flow	Shannon	S2	I
09:30-10:20	Aqua	Janina	Pool	G
10:30-11:20	Coffee Aerobics	Janine	S1	G
10:30-11:20	Trigger Point Pilates*	Sharon	S2	G
11:30-12:20	Zumba	Sharon	S1	G
12:00-12:50	Vinyasa Flow	Nancy	S2	G
14:15-15:00	Seated Exercises	Instructor	S2	B
17:20-17:50	Fitball	Layla	S1	G
18:00-18:30	HIIT	Layla	S1	G
18:00-18:50	Trigger Point Pilates*	Sharon	S2	G

THURSDAY				
06:20-06:50	Group Cycle	Rhianna	S3	G
07:00-07:30	Pump	Rhianna	S1	G
08:30-09:00	Core Conditioning	Michael	S1	G
08:30-09:20	Pilates	Avril	S2	G
09:15-09:45	TRX & Kettlebell	Alisa	S1	G
09:30-10:20	Pilates	Avril	S2	G
09:50-10:20	HIIT	Alisa	S1	G
10:30-10:55	Step	Janine	S1	G
10:30-11:00	Group Cycle	Alisa	S3	G
10:30-11:30	Vinyasa Flow	Shannon	S2	G
11:00-11:30	Pump	Janine	S1	G
11:40-12.30	Line Dancing **	Janine	S1	B
12:00-13:00	Sound Meditation	Angela	S2	B
13:30-14:30	Sound Meditation	Angela	S2	B
16:45-17:30	Junior Yoga **	Maria	S2	10-15yrs
17:20-17:50	Abs	Aidan	S1	G
18:00-18:30	Group Cycle	Louisa	S3	G
18:00-18:50	Pilates	Margaret	S2	G
18:00-18:50	Power Pump	Lauren	S1	G

<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>	<i>Level</i>
FRIDAY				
06:20-06:50	HIIT & Weights	Alisa	S1	G
07:00-07:30	Group Cycle	Alisa	S3	G
08:15-09:15	Hatha Yoga	Kit	S2	G
08:15-08:45	Fitball	Rhianna	S1	G
08:55-09:25	Pump	Rhianna	S1	G
09:30-10:20	Pilates	Margaret	S2	G
09:30-10:10	Aqua	Alisa	Pool	G
09:40-10:20	Step & Tone	Janine	S1	G
10:30-11:20	Coffee Aerobics	Jenny	S1	G
10:30-11:20	Pilates	Margaret	S2	G
11:30-12:20	Ballet Sculpt	Sarah	S1	G
12:00-13:00	Hatha Yoga	Kit	S2	G
13:15-14:15	Gentle Yoga	Kit	S2	G
16:30-17:30	Junior Taekwondo	Debra	S1	6-15yrs
18:00-19:00	Hatha Yoga	Kit	S2	G
18:00-18:40	Group Cycle	Lauren	S3	G
SATURDAY				
08:20-08:50	Group Cycle	Rhianna/Alisa	S3	G
09:00-09:40	HIIT & Weights	Rhianna/Instructor	S1	G
09:50-10:20	Legs, Bums & Tums	Rhianna/Instructor	S1	G
09:50-10:20	Ballet Barre	Sarah	S2	G
10:30-11:15	Zumba	Sharon	S1	G
10:30-11:30	Vinyasa Yoga	Nancy	S2	I
13:00-13:50	Trigger Point Pilates*	Sharon	S2	G
SUNDAY				
09:30-10:20	Pilates	Margaret	S2	G
10:00-10:30	Group Cycle	Instructor/Lauren	S3	G
10:40-11:20	Pump	Instructor/Lauren	S1	G
11:30-12:30	Junior Taekwondo	Debra	S1	6-15yrs

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

*Please bring your own Trigger Ball

**Term time only