

THE HOGARTH CLUB

Activity Timetable

18 April to 23 July 2017



THE HOGARTH HEALTH CLUB ACTIVITY TIMETABLE: 18 April to 23 July 2017

MONDAY

Time	Activity	Instructor	Studio	Level	
09.00 - 10.00	Pilates	Helena	2	General	
09.00 - 10.00	BODYPUMP®	Ris	1	General	
10.00 - 11.00	Spinning®	Charles	1	General	
10.00 - 11.00	Pilates	Helena	2	Intermediate	
C 10.00 - 10.45	HiIT	Alex F	3	General	
10.15 - 11.00	Aqua Aerobics	Ris	Pool	General	
N 10.45 - 11.30	HiIT	Alex F	3	General	
11.00 - 12.30	Hatha Yoga	Zsuzsa	2	General	
11.15 - 12.15	Body Conditioning	Simone	1	General	
12.15 - 13.15	Danceworks	Alison	1	General	
13.15 - 14.15	Stretchworks	Alison	1	General	
17.30 - 18.30	Stretchworks	Alison	1	General	
18.30 - 19.30	ZUMBA®	Karen	1	General	
19.00 - 20.00	Hatha Yoga	Laura S	2	General	
19.30 - 20.30	HIIT Circuit	Terry	1	Advanced	

TUESDAY

Time	Activity	Instructor	Studio	Level	
07.00 - 08.00	Hatha Yoga	Karen S	2	General	
07.00 - 08.00	BODYPUMP®	Dean	1	General	
08.00 - 09.00	Stretchworks	Alison	1	General	
09.00 - 10.15	La Barre Ballet*	Elena	2	Beginner	
09.05 - 09.55	Core Conditioning	Debbie	1	General	
10.00 - 11.00	Zumba	Melissa	1	General	
C 10.00 - 10.45	HiIT	Gabs	3	General	
C 10.15 - 11.45	Hatha Yoga Flow	Heather	2	General	
N 10.45 - 11.30	HiIT	Gabs	3	General	
11.00 - 12.00	Group Cycle	Terry	1	General	
11.45 - 12.45	Pilates	Ria	2	General	
12.30 - 13.30	Advanced Stretchworks	Alison	1	Advanced	
C 12.45 - 13.30	Aqua Aerobics	Ris	Pool	General	
13.30 - 14.30	Pilates	Charlotte	2	General	
N 15.00 - 16.00	Vinyassa Fusion Yoga	Biljana	Studio 2	General	
N 18.30 - 19.30	HiIT Speed & Agility	Gabs	3	General	
18.30 - 19.30	Pilates	Farzin	2	Beginner	
19.30 - 20.30	BodyPump	Romy	1	General	
19.30 - 21.00	Restorative flow Yoga with meditation	Sally	2	General	
20.00 - 21.00	HiIT	Helena	3	General / Adv	

WEDNESDAY

Time	Activity	Instructor	Studio	Level	
06.30 - 07.30	Group Cycle	Terry	1	Advanced	
C 07.00 - 08.00	Hatha Yoga	Zsuzsa	2	General	
07.30 - 08.30	Group Cycle	Terry	1	Advanced	
09.00 - 10.00	Pilates	Helena	2	General	
10.00 - 11.00	BODYPUMP®	Alla	1	General	
10.00 - 11.30	Sivananda Yoga	Pia	2	General	
11.00 - 11.45	Aqua Aerobics	Farzin	Pool	General	
11.00 - 12.00	Stretchworks	Alison	1	Intermediate	
12.00 - 13.00	Stretch & Tone	Heather	2	General	
N 12.00 - 13.00	Body Combat	Venus	1	General	
12.30 - 13.30	HiIT	Johnny	3	General/Adv	
13.00 - 14.00	Zumba®	Gary	1	General	
C 14.00 - 15.00	Pilates	Ris	2	General	
18.30 - 19.30	Body Blast	Alex	1	General	
19.30 - 20.30	Pilates	Ria	2	General	
19.30 - 20.30	Zumba®	Gary	1	General	
N 20.00 - 21.00	HIIT	Alex	3	General	

Type of Activity (colour coded)

Aerobic and strength Holistic Pool HIIT

N = Shows a NEW activity to previous month or the beginning of a new course

C = Shows a CHANGE in time, instructor, level or meeting area

THURSDAY

	Time	Activity	Instructor	Studio	Level	
	06.30 - 07.15	HiIT	Simon	3	General / Adv	■
N	07.00 - 08.00	Body Pump	Venus	1	General	
	07.00 - 08.00	Hatha Yoga	Karen S	2	General	■
	08.00 - 09.00	Advanced Stretchworks	Alison	1	Advanced	□
	09.00 - 10.00	Pilates on the Ball	Helena	1	Intermediate	□
N	09.15 - 10.00	Aqua Aerobics	Peter	Pool	General	■
	10.00 - 10.45	HiIT	Johnny	3	General	
	10.00 - 11.00	50/50	Simone	1	General	□
	10.00 - 11.00	Pre and post natal	Helena	2	General	■
N	10.45 - 11.30	HiIT	Johnny	3	General	
	11.00 - 12.00	Hatha Yoga	Karen S	2	General	■
N	11.00 - 12.00	Body Attack	Venus	1	General	
	12.00 - 13.30	Tai Chi	Yuka	2	General	■
	12.15 - 13.15	ZUMBA®	Karen	1	General	□
C	13.30 - 14.30	Stretchworks	Alison	1	General	□
	14.00 - 15.00	Pilates	Shanti	2	General	■
	15.00 - 16.00	Pilates Basics	Shanti	2	Beginner	■
C	18.30 - 19.30	Group Cycle	Terry	1	General	□
N	18.30-19.30	Pilates	Jenni	2	General	□
	19.30 - 20.30	HiIT Circuit	Terry	1	General/Adv	■
	20.00 - 21.00	Hatha Yoga	Tatjana	2	General	■

FRIDAY

	Time	Activity	Instructor	Studio	Level	
C	06.30 - 07.30	HiIT	Simon	3	General	■
N	08.45-09.45	Stretch & Tone	Heather	2	General	
	09.00 - 10.00	BODYPUMP®	Lana	1	General	□
	10.00 - 11.00	Spinning®	Heather	1	General	□
C	10.00 - 11.30	Hatha Yoga	Chris	2	Intermediate	■
	10.05 - 10.50	Aqua Aerobics	Vini	Pool	General	■
	11.00 - 12.00	Danceworks	Alison	1	General	□
	11.45 - 12.45	Pilates	Graeme	2	General	■
	12.00 - 13.00	Stretchworks	Alison	1	General	□
	13.30 - 15.00	Hatha Yoga	Tina	2	General	■
	19.00 - 20.00	Hatha Yoga	Karen	2	General	■
	19.00 - 20.00	HiIT	Martin	3	General / Adv	■

SATURDAY

	Time	Activity	Instructor	Studio	Level	
C	08.15 - 09.15	Pilates	Benita	2	Beginner	■
	08.30 - 09.30	Spinning®	Simon	1	General	□
C	09.15 - 10.15	Pilates	Benita	2	Intermediate	■
	09.45 - 10.15	HiIT	Simon	3	General / Adv	■
	10.00 - 11.00	Body Conditioning	Ayesha	1	General	□
C	10.15 - 11.15	Hatha Yoga Flow	Heather	2	General	■
	11.00 - 12.00	Funky Step	Simone	1	General	□
	11.15 - 13.15	Ashtanga Yoga	Karen	2	Intermediate	■
	13.00 - 14.00	Low Fu Tae Bo	Noel	1	General	□
N	16.00 - -17.00	HiIT	Albert	3	General	■

SUNDAY

	Time	Activity	Instructor	Studio	Level	
	09.00 - 10.00	Body Conditioning	Dean	1	General	□
	10.00 - 11.00	BODYPUMP®	Dean	1	General	□
	10.30 - 12.00	Hatha Yoga	Terry	2	General	■
	11.00 - 11.45	Hi/Lo	Simone	1	General	□

If you have any comments or suggestions regarding the studios, please email Terry Rodham on terry@thehogarth.co.uk or contact a member of the management team.

Studio 2

