

THE HOGARTH HEALTH CLUB ACTIVITY TIMETABLE: 2 January to 29 March 2018

MONDAY

Time	Activity	Instructor	Studio	Level	
07.00-08.30	Sunrise Hatha Yoga	Zsusza	2	General	
08.30-10.00	Iyengar Yoga	Jackie	2	General	
09.00-10.00	BodyPump	Venus	1	General	
10.00-11.00	Hiit	Alex F	3	General	■
10.00-11.00	Body Combat	Venus	1	General	
10.00-11.00	Pilates	Helena	2	Int/Adv	
10.15-11.00	Aqua Aerobics - H2O	Ris	Pool	General	■
11.00-12.30	Dynamic Hatha Yoga	Zsusza	2	General	
11.15-12.15	Body Conditioning	Simone	1	General	
12.15-13.15	Danceworks	Alison	1	General	
12.30-13.30	Pilates on the Ball	Helena	2	General	
13.15-14.15	Stretchworks	Alison	1	General	
13.30-14.30	Pilates	Helena	2	Beg/Int	
17.30-18.30	Stretchworks	Alison	1	General	
18.30-19.30	Zumba	Karen	1	General	
19.00-20.30	Hatha Yoga	Laura	2	General	
19.30-20.30	Hiit Circuit	Terry	1	Advanced	■
N 20.30-21.30	Watt Bike SMASH	Terry	Gym	General	■

TUESDAY

Time	Activity	Instructor	Studio	Level	
07.00-08.00	Bodypump	Dean	1	General	
07.00-08.00	Hatha Yoga	Karen S	2	General	
08.00-09.00	Stretchworks	Alison	1	General	
N 09.00-09.45	Hiit	Gabs	3	General	■
09.00-10.15	La Barre Ballet*	Elena	2	Beginner	
09.15-10.00	Core Conditioning	Debbie	1	General	
10.00-10.45	Hiit	Gabs	3	General	■
10.00-11.00	Zumba	Yrene	1	General	
C 10.15-11.15	Hatha Yoga Flow	Heather	2	General	
11.00-12.00	Group Cycle	Terry	1	General	
11.45-12.45	Pilates	Agnes	2	General	
12.00-13.00	Advanced Stretchworks	Alison	1	Advanced	
12.45-13.30	Aqua Aerobics - H2O	Ris	Pool	General	■
13.00-14.00	"Spin, Stretch & Tone"	Heather	1	General	
13.30-14.30	Pilates	Charlotte	2	General	
18.30-19.30	Hiit	Alex F	3	Advanced	■
18.30-19.30	Funky Step	Simone	1	General	
18.30-19.30	Pilates	Farzin	2	Beginners	
C 19.30-20.30	Body Conditioning	Simone	1	General	
20.00-21.00	Hiit	Helena	3	Intermediate	■
20.00-21.30	Dru Yoga - Stillness in Motion	Sally	2	General	

WEDNESDAY

Time	Activity	Instructor	Studio	Level	
06.30-07.30	Group Cycle	Terry	1	Advanced	
07.00-08.00	Hatha Yoga	Zsusza	2	General	
07.30-08.30	Group Cycle	Terry	1	Advanced	
08.30-10.00	Sivananda Yoga	Pia	2	General	
10.00-11.00	Bodypump	Alla	1	General	
10.00-11.00	Pilates	Helena	2	Beg/Int	
11.00-11.45	Aqua Aerobics - H2O	Farzin	Pool	General	■
11.00-12.00	Stretchworks	Alison	1	Intermediate	
11.00-12.00	Pilates on the Ball	Helena	2	Int/Adv	
12.00-13.00	Body Combat	Venus	1	General	
12.00-13.00	Stretch & Tone	Heather	2	General	
12.30-13.30	Hiit	Johnny	3	General / Adv	■
13.00-14.00	Zumba	Gary	1	General	
13.00-14.00	Anusara Yoga Basics	Michaela	2	General	
14.00-15.30	Iyengar Yoga	Jackie	2	General	
18.30-19.30	Body Blast	Alex F	1	General	
19.30-20.30	Zumba	Gary	1	General	
19.30-20.30	Barre Pilates Fusion	Farzin	2	General	
20.00-21.00	Hiit	Alex F	3	General	■

THURSDAY

Time	Activity	Instructor	Studio	Level	
06.30-07.15	HiIT	Simon	3	Intermediate	■
07.00-08.00	Bodypump	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	Stretchworks	Alison	1	General	□
09.15-10.00	Aqua Aerobics - H2O	Peter	Pool	General	■
10.00-11.00	50/50	Simone	1	General	□
10.00-10.45	HiIT	Johnny	3	Intermediate	■
10.00-11.00	Yoga Barre Fusion	Karen	2	General	■
11.00-12.00	Body Attack	Venus	1	General	■
11.00-12.00	Hatha Yoga	Karen S	2	General	■
12.00-13.30	Tai Chi	Yuka	2	General	■
12.15-13.15	Zumba	Karen	1	General	□
13.15-14.15	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	David	1	General	□
19.00-20.00	Pilates	Jenni	2	Intermediate	■
C 19.30-20.30	HiIT Circuit	David	1	Int/Adv	■
20.00-21.00	Hatha Yoga	Tatjana	2	General	■

FRIDAY

Time	Activity	Instructor	Studio	Level	
06.30-07.30	HiIT	Simon	3	General	■
07.45-08.45	Stretchworks	Alison	1	General	□
08.45-09.45	Bodypump	Lana	1	General	□
08.45-09.45	Stretch & Tone	Heather	2	General	■
10.00-10.45	Aqua Aerobics	Simone	Pool	General	■
10.00-11.00	Spinning	Heather	1	General	□
10.00-11.30	Anusara Yoga	Michaela	2	Int/Adv	■
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	■

SATURDAY

Time	Activity	Instructor	Studio	Level	
08.15-09.15	Pilates	Shanti	2	Beginner / General	■
08.30-09.30	Spinning	David	1	General	□
09.15-10.15	Pilates	Shanti	2	General / Int.	□
09.45-10.15	HiIT	David	1	Int/Adv	■
10.00-11.00	Body Conditioning	Ayesha	1	General	□
10.15-11.15	Hatha Yoga Flow	Heather	2	General	■
11.00-12.00	Funky Step	Simone	1	General	□
11.15-12.15	Ashtanga Yoga	Karen	2	Intermediate	■
N 16.00-17.00	HiIT	Martin	3	Intermediate	■

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	□
18.30-19.30	Sound Bath & Meditation	Shakeh	2	General	■

If you have any comments or suggestions regarding the studios, please email studiomanager@thegorath.co.uk or contact a member of the management team.