



THE  
PARK  
CLUB

Activity Timetable: 4 Jan to 2 April 2017



THE PARK CLUB ADULT ACTIVITY TIMETABLE: 4 Jan to 2 April 2017

MONDAY

	Time	Activity	Instructor	Area	Level	Cost	
	07.00 - 08.30	Dynamic Hatha Yoga	Zsuzsa	3	General	Free	■
	09.15 - 10.00	Body Combat	Venus	1	General	Free	□
N	09.15 - 10.15	Ladies Boxing	Ali	Gym	General	Free	□
	10.00 - 11.00	BODYPUMP®	Venus	1	General	Free	□
	10.00 - 11.30	Iyengar Yoga	Jackie	3	General	Free	■
	10.00 - 12.00	Tennis Drills & Skills	Shane	C1/C2	6+	£5	■
	10.00 - 12.00	Tennis Drills & Skills	Bridie	C3/C4	3-5	£5	■
	10.30 - 11.30	Swim Squad	Julian	Pool	Int/Adv	£10	■
C	12.00 - 13.00	Pilates (suitable for post-Natal)	Agnes	3	General	Free	■
C	13.00 - 14.00	Pilates	Agnes	3	General	Free	■
	18.00 - 18.45	Step & Tone	Dean	1	General	Free	□
	19.00 - 20.00	Boxing	Lee & Ali	Meet in the Gym	Beginner	Free	□
	19.00 - 20.00	Stretchworks	Alison	3	General	Free	□
	19.05 - 19.50	Aqua Aerobics	Dean	Pool	General	Free	■
	19.30 - 20.15	Step & Abs	Erez	1	General	Free	□
	19.30 - 21.30	Evening Tennis Drills	Cian	C1/C2	3-5	£5	■
	20.15 - 21.15	Pilates Basics	Erez	2	Beginner	Free	■

TUESDAY

	Time	Activity	Instructor	Area	Level	Cost	
	07.00 - 07.45	Spinning®	Simon D	1	General	Free	□
C	07.00 - 08.00	Pilates	Farzin	3	General	Free	■
	08.00 - 09.00	BODYPUMP®	Venus	1	General	Free	□
	09.00 - 10.00	RPM XL	Magali	1	General	Free	□
	09.30 - 10.15	Aqua Aerobics	Farzin	Pool	General	Free	■
	10.00 - 11.00	Low Fu Tae Bo	Noel	1	General	Free	□
	10.00 - 11.00	Stretchworks	Alison	3	General	Free	□
	10.00 - 12.00	Mixed Tennis Dynamic Drills	Shane	C1/C2	5-7	£5	■
	10.30 - 12.00	Swim Squad	Julian	Pool	Int/Adv	£10	■
	11.00 - 12.00	Advanced Stretchworks	Alison	3	General	Free	□
	12.00 - 13.00	Pilates	Helena	3	General	Free	■
	13.00 - 14.00	Scaravelli Yoga	Laura S	3	General	Free	■
	13.00 - 14.30	Afternoon Tennis Drills	Shane	C1/C2	2-3	£3.75	■
	18.30 - 19.30	Spinning	Alex F	1	General	Free	□
	18.45 - 20.15	Therapeutic Flow Yoga	Linda H	3	General	Free	■
	19.30 - 21.30	Evening Tennis Drills	George	C1/C2	5-7	£5	■
	19.30 - 20.30	HIT Circuits	Alex F	1	General	Free	□
	20.00 - 21.00	Swim Squad	Julian	Pool	Advanced	£10	■

WEDNESDAY

	Time	Activity	Instructor	Area	Level	Cost	
	07.00 - 08.00	Body Combat	Venus	Studio 1	General	Free	<input type="checkbox"/>
C	09.00 - 10.30	Hatha Yoga	Sandrine	3	Beg/Inter	Free	<input checked="" type="checkbox"/>
	09.30 - 10.30	Body Attack	Venus	1	General	Free	<input type="checkbox"/>
	10.00 - 11.00	Kettlebells	Tony	Meet in the Gym	General	General	<input type="checkbox"/>
	10.00 - 12.00	Tennis Drills	Bridie	C1/C2	3-5	£5	<input checked="" type="checkbox"/>
	10.30 - 11.30	Pilates	Helena	3	General	Free	<input checked="" type="checkbox"/>
	10.30 - 11.30	Bodypump	Venus	1	General	Free	<input checked="" type="checkbox"/>
	10.30 - 11.30	Swim Squad	Julian	Pool	Intermediate	£10	<input checked="" type="checkbox"/>
C	11.30 - 13.00	Hatha Yoga	Sandrine	3	General	Free	<input checked="" type="checkbox"/>
	13.00 - 14.00	Intermediate Stretchworks	Alison	3	Intermediate	Free	<input type="checkbox"/>
C	18.00 - 19.00	Pregnancy Yoga	Sandrine	3	General	Free	<input type="checkbox"/>
C	18.15 - 19.00	Zumba	Farzin	1	General	Free	<input type="checkbox"/>
	19.00 - 19.45	Spinning®	Charles	1	General	Free	<input type="checkbox"/>
	19.00 - 20.00	Boxing	Lee & Ali	Meet in the Gym	Intermediate	Free	<input type="checkbox"/>
	19.00 - 20.30	Dynamic Yoga	Rose	3	General	Free	<input checked="" type="checkbox"/>
	19.05 - 19.50	Aqua Aerobics	Farzin	Pool	General	Free	<input checked="" type="checkbox"/>
	19.30 - 21.30	Evening Tennis Drills	Bridie	C1/C2	7+	£5	<input checked="" type="checkbox"/>
	19.45 - 20.45	Low Fu Tae Bo	Noel	1	General	Free	<input type="checkbox"/>

THURSDAY

	Time	Activity	Instructor	Area	Level	Cost	
	06.45 - 07.45	Spinning®	Alex	1	General	Free	<input type="checkbox"/>
	07.00 - 08.30	Vinyassa Flow	Lisa	3	General	Free	<input checked="" type="checkbox"/>
	09.15 - 10.00	Ladies Boxing	Lee	Gym	General	Free	<input type="checkbox"/>
	09.30 - 10.15	Aqua Aerobics	María	Pool	General	Free	<input checked="" type="checkbox"/>
	10.00 - 11.00	Spinning®	Charles	1	General	Free	<input type="checkbox"/>
	10.00 - 11.00	Stretchworks	Alison	3	General	Free	<input type="checkbox"/>
	10.00 - 11.30	Improver Tennis Drills	Bridie	C3/C4	2-3	£3.75	<input checked="" type="checkbox"/>
	10.00 - 12.00	Social Tennis Club	Shane	C1/C2	2-5	Free	<input checked="" type="checkbox"/>
	11.00 - 12.00	Advanced Stretchworks	Alison	3	Advanced	Free	<input type="checkbox"/>
	11.00 - 12.00	Body Attack	Venus	1	General	Free	<input type="checkbox"/>
	11.00 - 12.00	Technique Swim	Julian	Pool	Intermediate	£10	<input checked="" type="checkbox"/>
	12.00 - 13.00	Danceworks	Alison	3	General	Free	<input type="checkbox"/>
	13.00 - 14.30	Ladies Doubles Drills	Shane	C1/C2	6-9	£3.75	<input checked="" type="checkbox"/>
C	13.00 - 14.00	Pilates	Farzin	3	General	Free	<input checked="" type="checkbox"/>
C	18.00 - 19.00	Body Combat	Veronica	1	General	Free	<input type="checkbox"/>
	19.00 - 20.00	Pilates	Farzin	3	General	Free	<input checked="" type="checkbox"/>
	19.00 - 20.00	TriSwim	Julian	Pool	Advanced	Free	<input checked="" type="checkbox"/>
	19.00 - 20.00	Thrive	Tony	meet in gym	General	Free	<input checked="" type="checkbox"/>
C	19.00 - 20.00	Bodypump	Veronica	1	General	Free	<input type="checkbox"/>
	19.30 - 21.00	Evening Tennis Drills	Cian	C1	1-2	£5	<input checked="" type="checkbox"/>
	19.30 - 21.00	Team Training*	Bridie	A4/A5/A6	Invitational	Free	<input checked="" type="checkbox"/>

\*\*\*\*\* TENNIS RATING SYSTEM \*\*\*\*\*

The tennis rating system is scaled between 1 and 10. The ratings are based on drill level and will be assessed by one of the Tennis coaches. If you have not received your level please contact one of the coaches to see what drills you are able to attend\*

## FRIDAY

Time	Activity	Instructor	Area	Level	Cost
07.00 - 08.00	BODYPUMP®	Venus	1	General	Free <input type="checkbox"/>
07.00 - 08.30	Vinyassa Flow	Lisa	3	General	Free <input checked="" type="checkbox"/>
08.30 - 09.30	Stretchworks	Alison	3	General	Free <input type="checkbox"/>
09.00 - 10.00	Cardio Tennis	Bridie	C1	General	Free <input checked="" type="checkbox"/>
09.30 - 10.30	BODYPUMP®	Ris	1	General	Free <input type="checkbox"/>
09.30 - 10.30	Adult swim**	Ash	Pool	General	Free <input checked="" type="checkbox"/>
09.30 - 11.00	Iyengar Yoga	Jackie	3	Beginner	Free <input checked="" type="checkbox"/>
10.00 - 12.00	Social Tennis Club	Shane	C1/C2/C3/C4	3+	Free <input checked="" type="checkbox"/>
10.00 - 11.00	Kettlebell - HIT	Tony	Gym/outside	General	Free <input type="checkbox"/>
10.30 - 11.30	Step & Tone	Ris	1	Beginner	Free <input type="checkbox"/>
11.00 - 12.00	Dynamic Yoga	Karen S	3	General	Free <input checked="" type="checkbox"/>
11.30 - 12.30	Spinning®	Lana	1	Beginner	Free <input type="checkbox"/>
11.45 - 12.30	Aqua Aerobics	Ris	Pool	General	Free <input checked="" type="checkbox"/>
12.00 - 13.00	Pilates	Farzin	3	General	Free <input checked="" type="checkbox"/>
19.00 - 20.00	Zumba®	Antje	1	General	Free <input type="checkbox"/>
19.00 - 21.00	Social Tennis Club	Bob	C1/C2	4+	Free <input checked="" type="checkbox"/>

## SATURDAY

Time	Activity	Instructor	Area	Level	Cost
09.00 - 10.00	Spinning®	Charles	1	General	Free <input type="checkbox"/>
09.30 - 10.30	Pilates	Farzin	3	General	Free <input checked="" type="checkbox"/>
10.15 - 11.15	Zumba	Monika	1	General	Free <input type="checkbox"/>
10.30 - 11.30	Pilates	Farzin	3	General	Free <input checked="" type="checkbox"/>
11.30 - 12.30	Low Fu Tae Bo	Noel	1	General	Free <input type="checkbox"/>
14.00 - 15.00	Cardio Tennis	Bridie	A3	General	Free <input checked="" type="checkbox"/>
15.00 - 17.00	Social Tennis Club	Bridie	A4/A5	5+	Free <input checked="" type="checkbox"/>
17.00 - 18.30	Ashtanga Yoga	Rose	1	General	Free <input checked="" type="checkbox"/>

## SUNDAY

Time	Activity	Instructor	Area	Level	Cost
09.15 - 10.30	Spin & conditioning	Heather	1	General	Free <input type="checkbox"/>
10.00 - 11.30	Hatha Yoga	Tracey	3	General	Free <input checked="" type="checkbox"/>
10.30 - 11.30	BODYPUMP®	Lana	1	General	Free <input type="checkbox"/>
15.00 - 17.00	Social Tennis Club	Bob	C1/C2	3+	Free <input checked="" type="checkbox"/>
17.00 - 18.30	Tennis Drills	George	C1/C2	2-4	£3.75 <input checked="" type="checkbox"/>
18.30 - 19.30	Sound bath & Meditation	Shakeh	3	General	Free <input checked="" type="checkbox"/>
17.00 - 18.30	Tennis Drills	George	C1/C2	5-7	£5 <input checked="" type="checkbox"/>

Type of Activity (colour coded)

General  Holistic  Tennis  Swimming / Aqua

Meeting Areas: Studio 1: downstairs Studio 2: Small upstairs Studio 3: upstairs Pool: large indoor pool

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

\* For team members only

\*\* Term time only