

STUDIO 1 CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM - 10AM	Spinning 6:40am – 7:25am Jackie	Les Mills Body Balance 6:40am – 7:25am Jackie Prehab Pilates 7:30am – 8am Jackie	Spinning 6:40am – 7:25am Kieren	HIIT 7am – 7:30am Kayla	Spinning 6:40am – 7:25am Kieren/Carl Spinning 8:15am – 9am Sara Dance Fit 9:10am – 9:55am Sara	Spinning 7:30am – 8:15am Jo Les Mills Body Balance 8:20am – 9:05am Jo Les Mills Body Pump 9:10am – 9:55am Sara	Spinning 8am – 8:45am Gemma Spinning 9am – 9:45am Gemma
10AM - 5PM	Legs/Bums/Tums 10am – 10:45am Jackie Beginners Pilates 10:50am – 11:35am Jackie Zumba 11:40am – 12:25pm Aimee Circl Mobility 12:30pm – 1pm Aimee	Body Conditioning 10am – 10:45am Kristy Pilates 10:50am – 11:35am Kristy	Les Mills Body Combat 10am – 10:45am Sara Les Mills Body Balance 10:50am – 11:35am Sara Line Dancing 11:40am – 1:10pm Calvin Mixed Yoga 3pm – 4pm Vienna	Les Mills Body Pump 10:10am – 10:55am Gemma Legs/Bums/Tums 11:10am – 11:55am Gemma	Body Conditioning 10am – 10:45am Jackie Calenetics & Stretch 10:50pm – 11:35pm Jackie Zumba Gold 11:40pm – 12:25pm Aimee	Les Mills Body Combat 10am – 11am Sara Pilates 11:15am - 12:15pm Gill/Jackie Hatha Yoga 12:30pm – 1:15pm Gill	Les Mills Body Pump 10am – 10:45am Gemma
5PM - 9PM	Pilates 5:10pm – 5:55pm Jackie Spinning 6pm – 6:45pm Gemma Les Mills Body Pump 6:55pm – 7:40pm Gemma	Spinning 5:15pm – 6pm Gemma Les Mills Body Combat 6:10pm – 6:55pm Sara Les Mills Body Pump 7:05pm – 7:50pm Sara Les Mills Body Balance 8pm – 8:45pm Sara	Hatha Yoga 5:15pm – 6pm Gill Spinning 6:10pm – 6:55pm Kieren Circuits 7:10pm – 8:10pm Kieren	Legs/Bums/Tums 5:10pm – 5:55pm Kayla Ab Attack 6pm – 6:30pm Kayla Zumba 6:35pm – 7:20pm Aimee Boxercise 7:25pm – 8:10pm Aimee	Les Mills Body Pump 6pm – 6:45pm Gemma Spinning 7pm – 7:45pm Gemma	All classes have a zoom option available. Email: Studio@riverhills.co.uk Studio 1 Zoom ID – 766 363 3849 Password: Riverhills	

*Timetable for September 2023, Subject to change

STUDIO 1 ZOOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM - 10AM		<u>Les Mills Body Balance</u> 6:40am – 7:25am Jackie <u>Prehab Pilates</u> 7:30am – 8am Jackie		<u>HIIT</u> 7am – 7:30am Kayla		<u>Les Mills Body Balance</u> 8:20am – 9:05am Jo <u>Les Mills Body Pump</u> 9:10am – 9:55am Sara	
	<u>Pilates</u> 9:10am – 9:55am Jackie	<u>Les Mills Body Pump</u> 9:10am – 9:55am Kristy	<u>Legs/Bums/Tums</u> 9:10am – 9:55am Kieren		<u>Dance Fit</u> 9:10am – 9:55am Sara		
10AM - 5PM	<u>Legs/Bums/Tums</u> 10am – 10:45am Jackie <u>Beginners Pilates</u> 10:50am – 11:35am Jackie <u>Zumba</u> 11:40am – 12:25pm Aimee <u>Circl Mobility</u> 12:30pm – 1pm Aimee	<u>Body Conditioning</u> 10am – 10:45am Kristy <u>Pilates</u> 10:50am – 11:35am Kristy	<u>Les Mills Body Combat</u> 10am – 10:45am Sara <u>Les Mills Body Balance</u> 10:50am – 11:35am Sara <u>Mixed Yoga</u> 3pm – 4pm Vienna	<u>Les Mills Body Pump</u> 10:10am – 10:55am Gemma <u>Legs/Bums/Tums</u> 11:10am – 11:55am Gemma	<u>Body Conditioning</u> 10am – 10:45am Jackie <u>Calenetics & Stretch</u> 10:50pm – 11:35pm Jackie <u>Zumba Gold</u> 11:40pm – 12:25pm Aimee	<u>Les Mills Body Combat</u> 10am – 11am Sara <u>Pilates</u> 11:15am - 12:15pm Gill/Jackie <u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	<u>Les Mills Body Pump</u> 10am – 10:45am Gemma
5PM - 9PM	<u>Pilates</u> 5:10pm – 5:55pm Jackie <u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma	<u>Les Mills Body Combat</u> 6:10pm – 6:55pm Sara <u>Les Mills Body Pump</u> 7:05pm – 7:50pm Sara <u>Les Mills Body Balance</u> 8pm – 8:45pm Sara	<u>Hatha Yoga</u> 5:15pm – 6pm Gill	<u>Legs/Bums/Tums</u> 5:10pm – 5:55pm Kayla <u>Ab Attack</u> 6pm – 6:30pm Kayla <u>Zumba</u> 6:35pm – 7:20pm Aimee <u>Boxercise</u> 7:25pm – 8:10pm Aimee	<u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma	Need a hand getting set up? Contact us by email on Studio@riverhills.co.uk or call us on Tel 01473 463262 Studio 1 Zoom ID – 766 363 3849 Password: Riverhills	

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ZOOM ONLY TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM - 10AM				<u>Body Conditioning</u> 9:10am – 9:55am Kristy			
10AM - 5PM				<u>Core Crunch</u> 10am – 10:30am Kristy <u>Pilates</u> 10:35am – 11:20am Kristy			
5PM - 9PM	<u>Beginners Salsa Fit</u> 5pm – 5:45pm Sophie <u>Salsa Fit</u> 6pm – 6:45pm Sophie <u>Dance Yoga</u> 7pm – 7:45pm Sophie		<u>Beginners Salsa Fit</u> 5pm – 5:45pm Sophie <u>Salsa Fit</u> 6pm – 6:45pm Sophie <u>Dance Yoga</u> 7pm – 7:45pm Sophie	<u>Pilates</u> 6pm – 6:45pm Kristy		Need a hand getting set up? Contact us by email on Studio@riverhills.co.uk or call us on Tel 01473 463262 Studio 2 Zoom Login ID – 954 354 0824 Password: RH2	

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