

STUDIO 1 CLASS TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM - 10AM	<u>Spinning</u> 6:40am – 7:25am Kieren	<u>Les Mills Body Balance</u> 6:40am – 7:25am Jackie <u>Prehab Pilates</u> 7:30am – 8am Jackie	<u>Spinning</u> 6:40am – 7:25am Kieren <u>Spinning</u> 8:15am – 9am Kieren		<u>Spinning</u> 6:40am – 7:25am Kieren <u>Les Mills Body Balance</u> 8am – 9am Sara	<u>Spinning</u> 7:30am – 8am Jo <u>Les Mills Body Balance</u> 8:05am – 9:05am Jo	<u>Spinning</u> 8am – 8:45am Gemma
	<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>Spinning</u> 9:10am – 9:55am Gemma	<u>Swiss Ball</u> 9:10am – 9:55am Sara	<u>Les Mills Body Pump</u> 9:10am – 9:55am Sara	<u>Spinning</u> 9am – 9:45am Gemma
10AM - 5PM	<u>Legs/Bums/Tums</u> 10am – 10:45am Jackie	<u>Body Conditioning</u> 10am – 10:45am Kristy	<u>Les Mills Body Combat</u> 10am – 10:45am Sara	<u>Les Mills Body Pump</u> 10:10am – 10:55am Gemma	<u>Body Conditioning</u> 10am – 10:45am Kayla	<u>Les Mills Body Combat</u> 10am – 11am Sara	<u>Les Mills Body Pump</u> 10am – 11am Gemma
	<u>Beginners Pilates</u> 10:50am – 11:35am Jackie	<u>Pilates</u> 10:50am – 11:35am Kristy	<u>Les Mills Body Balance</u> 10:50am – 11:35am Sara	<u>Legs/Bums/Tums</u> 11:10am – 11:55am Gemma	<u>Callanetics & Stretch</u> 10:50am – 11:35am Kayla	<u>Pilates</u> 11:15am – 12:15pm Gill	
	<u>Zumba</u> 11:40am – 12:25pm Aimee	<u>Zumba Gold</u> 11:40am – 12:25pm Aimee	<u>Line Dancing</u> 11:40am – 1:10pm Calvin		<u>Zumba Gold</u> 11:40am – 12:25pm Aimee	<u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	
	<u>Circl Mobility</u> 12:30pm – 1pm Aimee	<u>Chair Zumba</u> 12:30pm – 1:15pm Aimee			<u>Chair Conditioning</u> 12:30pm – 1:15pm Kieren		
	<u>Spinning</u> 1:30pm – 2:15pm Kieren	<u>Dru Yoga</u> 2pm – 3:15pm Carole		<u>Callanetics & Stretch</u> 1:15pm – 2pm Kayla	<u>Spinning</u> 1:30pm – 2:15pm Kieren		
5PM - 9PM	<u>Pilates</u> 5:10pm – 5:55pm Jackie	<u>Spinning</u> 5:15pm – 6pm Gemma	<u>Hatha Yoga</u> 5:15pm – 6pm Gill	<u>Swiss Ball</u> 5:10pm – 5:40pm Kayla	<u>Body Weight Blast</u> 5:10pm – 5:55pm Dan		
	<u>Spinning</u> 6pm – 6:45pm Gemma	<u>Les Mills Body Combat</u> 6:10pm – 6:55pm Sara	<u>Spinning</u> 6:10pm – 6:55pm Kieren	<u>Legs/Bums/Tums</u> 5:45pm – 6:30pm Kayla	<u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma		
	<u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma	<u>Les Mills Body Pump</u> 7pm – 7:45pm Sara	<u>Circuits</u> 7:10pm – 8:10pm Kieren	<u>Zumba</u> 6:35pm – 7:20pm Aimee	<u>Spinning</u> 7pm – 7:45pm Gemma		
	<u>Band Blitz</u> 7:50pm – 8:35pm Adele	<u>Les Mills Body Balance</u> 7:50pm – 8:35pm Sara		<u>Boxercise</u> 7:30pm – 8:15pm Aimee	<u>Les Mills Body Balance</u> 8pm – 9pm Jo		

All classes have a zoom option available.

Email: Studio@riverhills.co.uk

Studio 1 Zoom
ID – 766 363 3849
Password: Riverhills

*Timetable for April 24, Subject to change

STUDIO 1 ZOOM CLASS TIMETABLE

	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>Les Mills Body Balance</u> 8am – 9am Sara <u>Swiss Ball</u> 9:10am – 9:55am Sara	<u>Les Mills Body Balance</u> 8:05am – 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				
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>Zumba Gold</u> 11:40am – 12:25pm Aimee <u>Chair Zumba</u> 12:30pm – 1:15pm Aimee <u>Dru Yoga</u> 2pm – 3:15pm Carole	<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>Callanetics & Stretch</u> 1:15pm – 2pm Kayla	<u>Body Conditioning</u> 10am – 10:45am Kayla <u>Callanetics & Stretch</u> 10:50am – 11:35am Kayla <u>Zumba Gold</u> 11:40am – 12:25pm Aimee <u>Chair Conditioning</u> 12:30pm – 1:15pm Kieren	<u>Les Mills Body Combat</u> 10am – 11am Sara <u>Pilates</u> 11:15am – 12:15pm Gill <u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	<u>Les Mills Body Pump</u> 10am – 11am Gemma
5PM - 9PM	<u>Pilates</u> 5:10pm – 5:55pm Jackie <u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma <u>Band Blitz</u> 7:50pm – 8:35pm Adele	<u>Les Mills Body Combat</u> 6:10pm – 6:55pm Sara <u>Les Mills Body Pump</u> 7pm – 7:45pm Sara <u>Les Mills Body Balance</u> 7:50pm – 8:35pm Sara	<u>Hatha Yoga</u> 5:15pm – 6pm Gill	<u>Swiss Ball</u> 5:10pm – 5:40pm Kayla <u>Legs/Bums/Tums</u> 5:45pm – 6:30pm Kayla <u>Zumba</u> 6:35pm – 7:20pm Aimee <u>Boxercise</u> 7:30pm – 8:15pm Aimee	<u>Body Weight Blast</u> 5:10pm – 5:55pm Dan <u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma <u>Les Mills Body Balance</u> 8pm – 9pm Jo	<p>All classes have a zoom option available. Email: Studio@riverhills.co.uk</p> <p>Studio 1 Zoom ID – 766 363 3849 Password: Riverhills</p>	

*Timetable for April 24, Subject to change

ZOOM ONLY CLASS TIMETABLE

Zoom Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7AM - 10AM				Body Conditioning 9:10am – 9:55am Kristy			
10AM - 5PM				Core Crunch 10am – 10:30am Kristy Pilates 10:35am – 11:20am Kristy			
5PM - 9PM	Salsa Fit 6pm – 6:45pm Sophie Dance Yoga 7pm – 7:45pm Sophie		Beginners Salsa Fit 5pm – 5:45pm Sophie Salsa Fit 6pm – 6:45pm Sophie Dance Yoga 7pm – 7:45pm Sophie	Pilates 6pm – 6:45pm Kristy			

Need a hand getting set up? Contact us by email.
 Email: Studio@riverhills.co.uk
 Studio 2 Zoom Login
 ID – 954 354 0824

*Timetable for April 2024, Subject to change