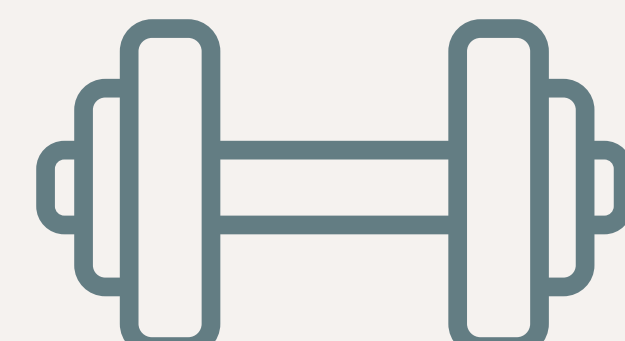




THE THAMES CLUB

WEEKLY TIMETABLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:30 - 08:15 TODAYS WORKOUT	06:15 - 07:00 GROUP CYCLE	06:30 - 07:15 POWER HIIT	06:15 - 07:00 GROUP CYCLE	06:30 - 07:15 POWER HIIT	08:30 - 09:15 POWER ENGINE	09:30 - 10:15 BODYPUMP
09:00 - 10:00 PILATES	07:30 - 08:15 TODAYS WORKOUT	07:30 - 08:15 TODAYS WORKOUT	07:30 - 08:15 TODAYS WORKOUT	07:30 - 08:15 TODAYS WORKOUT	08:30 - 09:15 GROUP CYCLE	09:45 - 10:15 VIRTUAL SPRINT
09:15 - 10:00 FULL BODY CIRCUIT (60YRS+)	08:15 - 09:15 PILATES	09:15 - 10:15 SLOW FLOW VINYASA	09:30 - 10:15 POWER STRENGTH	09:00 - 09:45 PILATES	08:55 - 09:40 PILATES	10:30 - 11:15 BODYBALANCE
09:30 - 10:00 SPRINT	09:30 - 10:15 POWER STRENGTH	09:30 - 10:15 BODYPUMP	09:30 - 10:15 RPM	09:30 - 10:15 POWER STRENGTH	09:30 - 10:15 TODAYS WORKOUT	10:30 - 11:15 TODAYS WORKOUT
10:15 - 10:45 VIRTUAL RPM	09:30 - 10:15 ZUMBA	09:45 - 10:15 VIRTUAL SPRINT	09:30 - 10:30 PILATES	09:30 - 10:15 RPM	09:35 - 10:20 BODYPUMP	
10:15 - 11:15 PILATES	09:30 - 10:15 RPM	10:15 - 11:00 AQUA AEROBICS	10:30 - 11:00 VIRTUAL SPRINT	10:00 - 10:45 BACK CARE FIT	09:45 - 10:30 PILATES	
10:15 - 11:15 BODYPUMP	10:30 - 11:15 AQUA AEROBICS	10:30 - 11:15 BARRE	10:35 - 11:20 POWER FUNCTIONAL (60YRS+)	10:30 - 11:15 BODYPUMP	10:30 - 11:15 POWER STRENGTH	
10:45 - 11:30 AQUA AEROBICS	10:30 - 11:15 POWER FUNCTIONAL (60YRS+)	12:00 - 13:00 PILATES	10:40 - 11:40 HATHA YOGA	10:30 - 11:15 AQUA AEROBICS	10:35 - 11:35 SLOW FLOW VINYASA	
11:30 - 12:30 MENOPAUSE YOGA	10:30 - 11:30 BODYBALANCE	17:30 - 18:00 CORE STRENGTH	11:45 - 12:30 AQUA AEROBICS	11:00 - 12:00 HATHA YOGA		
17:30 - 18:15 STRENGTH & CONDITIONING	11:45 - 12:45 PILATES	18:00 - 18:30 VIRTUAL SPRINT	12:15 - 13:00 POWER STRENGTH	12:15 - 13:15 YIN YOGA		
18:15 - 19:00 RPM	13:00 - 14:00 HATHA YOGA	18:00 - 19:00 PILATES	17:30 - 18:00 CARDIO CIRCUIT	17:30 - 18:15 STRENGTH & CORE		
18:15 - 19:15 YIN YOGA	17:30 - 18:00 CORE STRENGTH	18:15 - 19:00 AQUA AEROBICS	18:00 - 19:00 PILATES			
18:30 - 19:15 HIIT STRENGTH	18:00 - 19:00 ZUMBA	18:30 - 19:15 STRENGTH & CONDITIONING	18:15 - 19:00 POWER STRENGTH			
19:15 - 20:00 BODYPUMP	18:15 - 18:45 STRENGTH & CONDITIONING	18:45 - 19:15 VIRTUAL RPM	18:30 - 19:15 GROUP CYCLE			
19:30 - 20:30 HATHA YOGA	18:15 - 19:00 POWER STRENGTH		19:30 - 20:30 VINYASA YOGA			
	19:05 - 20:05 PILATES					
	19:15 - 20:00 VIRTUAL RPM					

GYM FLOORFLOW STUDIOPOWER STUDIOPOOLCYCLE STUDIO