



# Holistic Class Schedule

THE LENSBURY

## Monday

Pilates	Kirsty	08:45 – 09:30
Pilates	Zoe	09:45 – 10:40
BODYBALANCE	Kate G	10:45 – 11:30
Pilates	Kate G	11:45 – 12:40
Ballet Barre	Albane	12:45 – 13:40
Hatha Yoga	Barbara	13:45 – 14:40
Strong and Stretch	Amanda	15:00 – 15:30
Tai - Chi	Tove	17:00 – 17:55
Hatha Yoga	Garry	18:15 – 19:45
Pilates	Gill	20:00 – 20:45

## Tuesday

Pilates	Kate G	07:45 – 08:30
BODYBALANCE	Zoe	08:45 – 09:40
Vinyasa Yoga	Sarah MA	09:45 – 10:30
Vinyasa Fusion	Michaela	10:45 – 12:15
Pilates	Vanessa	12:30 – 13:25
BODYBALANCE	Rachel	13:45 – 14:40
Back to Fitness	Margaret	16:45 – 17:30
Beginners Pilates	Zoe	17:45 – 18:30
Vinyasa Yoga	Cassandra	18:45 – 19:40
Pilates	Patrice	19:45 – 20:30

## Wednesday

Yogalates	Sam T (Interim)	08:45 – 09:40
BODYBALANCE	Martine (Interim)	09:45 – 10:30
Pilates	Vanessa	10:45 – 11:40
Health for Life	Margaret	11:45 – 12:40
Dynamic Yoga	Kate Mundie	12:45 – 13:40
Hatha Yoga	Lyndsay	14:45 – 15:30
BODYBALANCE	Rachel	17:45 – 18:40
Pilates	Gill	18:45 – 19:40

## Thursday

Hatha Yoga	Cheryl	09:45 – 11:15
Pilates	Lyn	11:30 – 12:25
Vinyasa Yoga	Sarah MA	12:30 – 13:15
Meditation & Relax	Barbara	13:45 – 14:40
Pilates	Gill	14:45 – 15:30
Restorative Pilates	Sarah M	17:30 – 18:25
Pilates	Sarah M	18:45 – 19:40

## Friday

Pilates	Zoe	08:30 – 09:15
Athletic Pilates	Lyn	09:45 – 10:30
BODYBALANCE	Lyn	10:45 – 11:40
Ashtanga Yoga	Cheryl	11:45 – 12:30
Pilates	Kate G	12:45 – 13:40
Beginners Pilates	Kate G	13:45 – 14:30
Young Yogi's (7 – 13yrs)	Cheryl	16:45 – 17:30
Candlelit Yin Yoga	Cheryl	18:00 – 18:55

## Saturday

Pilates	Gill	08:30 – 09:25
BODYBALANCE	Lisa H	09:30 – 10:25
BODYBALANCE	Lisa H	10:30 – 11:25
Ashtanga Yoga	Cheryl	11:30 – 12:25
Beginner Pilates	Zoe	12:30 – 13:25
Mindful Yoga	Elsa	14:45 – 15:40

## Sunday

Pilates	Felicity	08:45 – 09:30
Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Lyndsay	10:45 – 12:15
Ballet Barre	Caroline G	16:00 – 16:45
BODYBALANCE	Caroline G	16:50 – 17:45
Hatha Yoga	Linda	18:45 – 19:30

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# Hi-Energy Class Schedule

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## Monday

Functional Blast	Kyle	06:30 – 07:15
BoxFit	Kyle	07:30 – 08:15
BODYCOMBAT	Ruby	08:30 – 09:15
Outdoor Circuits	Fitness Team	09:15 – 10:00
BODYPUMP	Sarah MA	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Cardio Tone	Tara	11:30 – 12:25
BODYBALANCE	Lyn	12:45 – 13:40
BODYPUMP	Honor	13:45 – 14:30
Dance Fitness	Mark	18:30 – 19:15

## Tuesday

Functional Blast	Anderea	06:30 – 07:15
BODYPUMP	Lisa H	08:30 – 09:25
Body Conditioning	Julia	09:30 – 10:15
BODYATTACK	Rachel	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Mandy	12:30 – 13:25
CORE (Les Mills)	Joanne	18:30 – 19:00
BODYPUMP	Joanne	19:15 – 20:10

## Wednesday

Functional Blast	Patrick	06:30 – 07:15
Body Conditioning	Mariya	08:30 – 09:15
BODYPUMP	Ruby	09:30 – 10:15
LBT	Mariya	10:30 – 11:25
Top to Toe	Mariya	11:30 – 12:15
Core Blast	Anderea	12:30 – 13:00
Dance Motivation	Pauline	13:15 – 14:00
BODYPUMP	Patrick	14:30 – 15:15
Zumba	Tania	18:30 – 19:15
BODYPUMP	Hamid	19:45 – 20:30

## Thursday

BODYPUMP	Kirsty	06:30 – 07:15
Functional Blast	Fitness Team	07:30 – 08:15
Body Conditioning	Emma	08:30 – 09:15
Step	Emma	09:30 – 10:25
BODYCOMBAT	Honor	10:30 – 11:25
Zumba	Emma	11:30 – 12:25
Dynamic Sculpt	Emma	12:30 – 13:15
Strong and Stretch	Amanda	13:30 – 14:00
BODYPUMP	Christine	18:30 – 19:25

## Friday

Functional Blast	Patrick	06:30 – 07:15
BoxFit	Hamid	07:30 – 08:15
Konga	Emma	08:30 – 09:15
BODYPUMP	Julia J	09:30 – 10:25
BODYATTACK	Rachel	10:30 – 11:25
BodyPump	Julia	11:30 – 12:15
Dance Motivation	Pauline	12:30 – 13:25

## Saturday

BODYPUMP	Lyn	07:30 – 08:15
BODYPUMP	Lara	08:35 – 09:20
Outdoor Bootcamp	Anderea	09:00 – 10:00
Zumba	Emma	09:30 – 10:15
BODYPUMP	Joanne	10:30 – 11:25
CORE (Les Mills)	Lisa H	11:45 – 12:30

## Sunday

Functional Blast	Fitness Team	08:00 – 08:45
BODYPUMP	Joanne	09:15 – 10:10
BODYATTACK	Rachel	10:30 – 11:25
Freestyle Pump	Dan	17:45 – 18:30
Movement & Mobility	Dan	18:45 – 19:30

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# Cycle Studio Class Schedule

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Monday			Friday		
Studio Cycling	Sarah MA	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Julia	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Elsa	18:45 – 19:30	<b>Saturday</b>		
Tuesday			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Susanna	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Susanna	11:45 – 12:30	Studio Cycling	Rachel	09:45 - 10:30
Studio Cycling	Lara	18:30 – 19:15	Studio Cycling	Rachel	10:45 – 11:30
Wednesday			Sunday		
Studio Cycling	Petra	06:45 – 07:30	Studio Cycling	Sarah MA	08:45 – 09:30
Studio Cycling	Elsa	09:45 – 10:30	Studio Cycling	Sarah MA	09:45 – 10:30
Studio Cycling	Hamid	18:45 – 19:30			
Thursday					
Studio Cycling	Patrick	09:45 – 10:30			
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Rachel	17:45 – 18:30			
Studio Cycling	Carin	18:45 – 19:30			



# Aqua Class Schedule

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Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gabor	11:00 – 12:00
Wednesday		
Aqua	Petra	10:00 – 10:45
Aqua	Petra	11:00 – 11:45
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Deimante	10:00 – 10:45
Aqua	Deimante	11:00 – 11:45

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## Reformer Pilates Schedule

*\*Members are limited to 2 complimentary classes per week.*

Monday		
Reformer Pilates	Felicity	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 13:30
Beginner Reformer Pilates	Gill	19:00 – 19:45
Tuesday		
Beginner Reformer Pilates	Zoe	07:45 – 08:30
Reformer Pilates	Vicky	08:45 – 09:30
Beginner Reformer Pilates	Vicky	09:45 – 10:30
Beginner Reformer Pilates	Vicky	12:00 – 12:45
Wednesday		
Reformer Pilates	Zoe	11:00 – 11:45
Reformer Pilates	Vicky	12:00 – 12:45
Beginner Reformer Pilates	Vicky	13:00 – 13:45
Beginner Reformer Pilates	Vicky	17:45 – 18:30
Reformer Pilates	Gill	20:00 – 20:45
Thursday		
Reformer Pilates	Kate G	07:45 – 08:30

Friday		
Beginner Reformer Pilates	Gill	07:45 – 08:30
Reformer Pilates	Gill	12:00 – 12:45
Saturday		
Reformer Pilates	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Zoe	10:30 – 11:15
Sunday		
Beginner Reformer Pilates	Felicity	10:00 – 10:45
Reformer Pilates	Felicity	11:00 – 11:45

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To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer session prior to attending your first beginner reformer class.

## Reformer Pilates (Chargeable) Schedule

*\*These sessions require a voucher. Vouchers can be purchased at members reception for £10 and sessions can be booked up to 1-month in advance. There is no restriction in the number of bookings. If you are new to reformer, please purchase an Intro to reformer one-to-one voucher prior to participating in any beginner sessions. Ask reception for more details.*

Monday		
Reformer Pilates	Kate Gerry	12:45 – 13:45
Tuesday		
Reformer Jump board	Vicky	13:00 – 14:00
Reformer Pilates	Zoe	18:30 – 19:30
Wednesday		
Beginner Reformer Pilates	Felicity	08:45 – 09:45
Beginner Reformer Pilates	Felicity	09:45 – 10:45
Thursday		
Reformer Pilates	Kate Gerry	12:30 – 13:30
Reformer Pilates	Gill	13:30 – 14:30

Friday		
Reformer Pilates	Gill	08:45 – 09:45
Reformer Pilates	Trish	17:15 – 18:15
Saturday		
Reformer Pilates	Zoe	08:30 – 09:30
Beginner Reformer Pilates	Zoe	11:30 – 12:30
Beginner Reformer Pilates	Trish	12:30 – 13:30
Sunday		



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