

# CLASSES

Online booking available via [themarlowclub.co.uk](http://themarlowclub.co.uk) or the TMC Booking App

## Monday

06:45 – 07:45	Vinyasa Yoga	Anne	G
07:00 – 07:30	HIIT (insideOut)	Gym Team	G
08:30 – 09:25	Body Combo	Anne	G
09:35 – 10:20	Indoor Cycling	Fran	G
09:35 – 10:30	Body Combo	Anne	G
10:35 – 11:30	Pilates	Anne	G
11:15 – 12:00	Aqua	Jacky	G
11:35 – 12:45	Meditation Yoga	Alexandra	G
12:30 – 13:00	HIIT (InsideOut)	Gym Team	G
12:45 – 13:30	Indoor Cycling	Lorraine	G
12:50 – 13:35	Cardio Box	Mel	G
13:45 – 14:45	Pilates	Mel	G
18:15 – 19:00	Indoor Cycling	Zena	G
18:30 – 19:25	Circuits	Tracy	G
19:30 – 20:25	Pilates	Kirsteen	G
19:30 – 20:30	Tai Chi (£)	Steven	G
20:30 – 21:30	Yoga Flow	Joelle	G

## Tuesday

07:00 – 07:45	Indoor Cycling	Russ	G
09:35 – 10:20	Indoor Cycling	Steve	G
09:35 – 10:30	Circuits	Tracy	G
09:35 – 10:35	Functional Fitness	Gym Team	G
09:35 – 10:35	Running Club	Rachel	I
10:35 – 11:30	Pilates	Tracy	I
11:05 – 11:50	Aqua	Rachel	G
13:00 – 13:55	Pilates	Lisa	G
12:30 – 13:00	HIIT (InsideOut)	Gym Team	G
14:00 – 15:15	Yoga Based Stretch	Annabel	G
15:30 – 16:45	Yoga Based Stretch	Annabel	G
17:45 – 18:30	Express Vinyasa Yoga	Anne	G
18:30 – 19:15	Indoor Cycling	Hayley	G
18:35 – 19:30	Body Pump	Kirsteen	G
19:00 – 19:30	HIIT (InsideOut)	Gym Team	G
19:35 – 20:35	Pilates	Kirsteen	I

## Wednesday

07:00 – 07:45	Indoor Cycling	Zena	G
08:30 – 09:15	Body Pump	Fran	I
09:35 – 10:20	Indoor Cycling	Fran	G
09:35 – 10:30	FitSteps	Francesca	G
10:35 – 11:35	Hatha Yoga	Matthew	G
11:40 – 12:40	Vinyasa Flow Yoga	Matthew	I
12:30 – 13:30	Functional Fitness	Max	I
12:45 – 13:45	Pilates	Anne	I
13:45 – 14:45	Pilates	Anne	G
14:00 – 14:45	Aqua	Lisa	G
18:00 – 18:55	Circuits	Tracy	G
18:30 – 19:15	Indoor Cycling	Zena	G
18:30 – 19:15	Aqua	Lesley	G
19:00 – 19:55	BoxFit	Hayley	G
20:00 – 21:00	Vinyasa Flow Yoga	Matthew	I

## Thursday

07:00 – 07:45	BoxFit	Luke	I
09:35 – 10:20	Indoor Cycling	Fran K	G
09:35 – 10:30	Body Combo	Tracy	G
09:35 – 10:35	Functional Fitness	Max	G
10:15 – 11:00	Aqua	Rachel	G
10:45 – 12:00	Hatha Yoga	Viv	G
12:30 – 13:15	Body Pump	Fran	G
12:45 – 13:30	cKc (InsideOut)	Michael	G
16:00 – 16:55	Pilates	Fran P	G
18:15 – 19:00	Indoor Cycling	Alison	G
18:15 – 19:00	Body Combo	Tracy	G
19:00 – 19:55	Body Pump	Tracy	G
19:15 – 20:15	Kung Fu (£)	Steven	G
20:00 – 21:00	Pilates	Annabelle	G

## Friday

07:00 – 07:45	Indoor Cycling	Hayley	G
08:30 – 09:15	Indoor Cycling	Steve	G
08:30 – 09:15	Body Pump	Tracy	G
09:35 – 10:20	Indoor Cycling	Steve	I
09:35 – 10:20	Body Combo	Tracy	G
09:35 – 10:25	Insanity	Ceri	G
10:25 – 10:45	Abs Blast	Tracy	G
10:50 – 11:45	Pilates	Mel	G
11:15 – 12:00	Aqua Zumba	Yvonne	G
12:30 – 13:00	HIIT (InsideOut)	Gym Team	G
12:50 – 13:45	Pilates Core	Lisa	I
14:00 – 15:00	Tai Chi (£)	Steven	G
16:30 – 17:15	Yoga Fusion	Viv	G
17:30 – 18:25	Yoga Fusion	Viv	G
18:30 – 19:30	Zumba	Cara	G

## Saturday

08:15 – 09:05	Pilates	John	G
09:10 – 10:10	Circuits	John	G
09:00 – 09:45	Indoor Cycling	Fran	G
10:00 – 10:30	HIIT (insideOut)	Gym Team	G
10:00 – 10:45	Indoor Cycling	Fran	I
10:15 – 11:00	Aqua	Lisa	G
10:15 – 11:00	Step	Val	G
11:15 – 12:15	Aqua	Lisa	G
11:15 – 12:15	Body Pump	Emma	G
12:30 – 13:30	Zumba	Rosa	G
13:45 – 15:15	Hatha Yoga	Annabel	G
15:30 – 16:30	Yoga Stretch	Annabel	G

## Sunday

08:30 – 09:25	Pilates		G
08:45 – 09:15	Beginners Running Club	Unmanned	G
09:30 – 10:00	HIIT (insideOut)	Gym Team	G
09:30 – 10:30	Running Club	Unmanned	G
09:30 – 10:30	Pilates	Tracy	G
10:35 – 11:20	Indoor Cycling	Zena	G
11:00 – 12:00	Circuits	Tracy	G
17:00 – 18:15	Yoga by candlelight	Alexandra	G

G – GENERAL (All Fitness Levels – Beginners Welcome) £ – Payment for Class I – INTERMEDIATE (Experience Required)

All classes should be booked to ensure you have a space. Bookings open 5 days in advance



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