

# CLASSES

## AT THE

# MARLOW CLUB

MONDAY	06:45 - 07:30 CIRCUITS Craig Studio	07:00 - 07:45 INDOOR CYCLING Ian Cycle	07:00 - 08:00 BARBELL X Amy InsideOut	08:00 - 09:00 PILATES Kelly Pila Yoga	08:15 - 09:00 BODY COMBO Anne Studio	09:15 - 10:00 BODY COMBO Anne Studio	09:15 - 10:00 AQUA Rachel Pool	09:15 - 09:45 COMPETITIVE METCON Gym Team InsideOut	09:30 - 10:15 COGS Steve Cycle	10:00 - 10:45 FUNCTIONAL FITNESS Gym Team InsideOut	10:30 - 11:30 PILATES Anne Studio
	11:15 - 12:00 AQUA Jacky Pool	11:45 - 12:30 PROPS PILATES Nicky R Studio	12:30 - 13:30 SOMA BREATHWORK Rachel Pila Yoga	12:45 - 13:30 ZUMBA Oriana Studio	14:00 - 15:00 PILATES Tracy Studio	15:15 - 16:00 DANCE COMBO Yvonne Studio	17:00 - 18:00 YOGA FLOW Ola Studio	18:15 - 19:00 BODY COMBO John Studio	18:15 - 19:00 FUNCTIONAL FITNESS Gym Team InsideOut	18:15 - 19:00 INDOOR CYCLING Ian Cycle	19:15 - 20:15 PILATES Kirsteen Studio
TUESDAY	07:00 - 07:45 COGS Fran P Cycle	08:00 - 08:45 COMBAT COMBO Ceri Studio	08:00 - 09:00 PILATES Helen Pila Yoga	09:20 - 10:05 CIRCUITS Tracy Studio	09:30 - 10:15 BEATS Helen Cycle	10:00 - 10:45 FUNCTIONAL FITNESS Gym Team InsideOut	10:15 - 11:00 PILATES Tracy Studio	10:05 - 10:50 AQUA Ceri Pool	11:05 - 11:50 AQUA Ceri Pool	11:10 - 11:55 PILATES Tracy Studio	12:00 - 12:45 MAXIMUS Micah Studio
	12:15 - 12:45 COMPETITIVE METCON Gym Team InsideOut	13:00 - 13:55 PILATES Lisa Studio	14:30 - 15:30 YOGA STRETCH Elly Studio	16:00 - 17:00 YOGA STRETCH Elly Studio	17:15 - 18:15 YOGA FLOW Matt Studio	18:15 - 19:00 COGS Fran K Cycle	18:30 - 19:15 BODY PUMP Kirsteen Studio	18:15 - 19:00 FUNCTIONAL FITNESS Gym Team InsideOut	19:30 - 20:30 PILATES Kirsteen Studio		
WEDNESDAY	07:00 - 07:45 CYCLE Fran K Cycle	07:00 - 07:30 METCON Gym Team InsideOut	08:15 - 09:00 BODY PUMP Kirsteen Studio	08:15 - 09:00 COGS Fran P Cycle	09:15 - 10:00 BODY COMBO Micah Studio	10:00 - 10:45 FUNCTIONAL FITNESS Gym Team InsideOut	09:30 - 10:15 COGS Fran P Cycle	10:45 - 11:30 AQUA Yvonne Pool	10:45 - 11:45 HATHA YOGA Emily Studio	12:00 - 13:00 PILATES Anne Studio	13:15 - 14:15 PILATES Anne Studio
	14:00 - 15:00 YOGALATES Ola Pila Yoga	14:00 - 14:45 AQUA Lisa F Pool	15:30 - 16:30 MANTRA & MEDITATION Emily Pila Yoga	18:00 - 18:45 CIRCUITS Tracy Studio	18:15 - 19:00 FUNCTIONAL FITNESS Gym Team InsideOut	18:15 - 19:00 AQUA Dani Pool	18:15 - 19:00 COGS Laura Cycle	19:05 - 19:50 YOGALATES Chloe Studio	19:00 - 20:00 BOX360 James InsideOut	20:00 - 21:00 YOGA FLOW Senay Studio	
THURSDAY	07:00 - 07:45 BOXHIIT Luke Studio	08:00 - 08:30 COMPETITIVE METCON Gym Team InsideOut	08:15 - 09:00 BODY COMBO Tracy Studio	09:30 - 10:15 BODY COMBO Tracy Studio	09:45 - 10:30 INDOOR CYCLING Fran K Cycle	10:00 - 10:45 FUNCTIONAL FITNESS Gym Team InsideOut	10:15 - 11:00 AQUA Rachel Pool	10:45 - 12:00 SLOW FLOW YOGA Ola Studio	12:15 - 12:45 COMPETITIVE METCON Gym Team InsideOut	12:00 - 13:00 HOT HIIT PILATES Irmina Pila Yoga	
	12:30 - 13:15 BODY PUMP Michelle Studio	14:00 - 15:00 YOGA FLOW Ola Studio	14:00 - 14:45 AQUA Lisa M Pool	15:30 - 16:30 BEGINNER PILATES Nicky Studio	16:45 - 17:30 EXPRESS PILATES Nicky Studio	18:00 - 18:45 BODY COMBO Micah Studio	18:15 - 19:00 FUNCTIONAL FITNESS Gym Team InsideOut	19:00 - 19:45 BODY PUMP Sharon Studio	20:00 - 20:45 EXPRESS PILATES Martyn Studio		
FRIDAY	07:00 - 07:45 INDOOR CYCLING Craig Cycle	07:00 - 08:00 BARBELL X Amy InsideOut	08:00 - 08:30 METCON Gym Team InsideOut	08:15 - 09:00 COGS Steve/Fran K Cycle	08:30 - 09:15 PURE CIRCUITS Tracy Studio	10:00 - 11:00 FUNCTIONAL FITNESS Gym Team InsideOut	09:30 - 10:15 COGS Steve/Fran K Cycle	09:30 - 10:15 BODY COMBO Tracy Studio	10:25 - 10:45 ABS BLAST Tracy Studio		
	11:00 - 12:00 PILATES Nicola Studio	11:15 - 12:00 AQUA Yvonne Pool	12:15 - 12:45 METCON Gym Team InsideOut	12:50 - 13:50 PILATES Sarah Studio	14:00 - 14:45 GENTLE COMBO Ceri Studio	15:30 - 16:30 YOGA FLOW Viv Studio	17:00 - 18:00 YOGA FLOW Viv Studio	18:15 - 19:00 FUNCTIONAL FITNESS Gym Team InsideOut	18:30 - 19:30 ZUMBA Clarissa Studio		
SATURDAY	08:15 - 09:00 PILATES John Studio	09:30 - 10:15 FUNCTIONAL FITNESS Gym Team InsideOut	09:15 - 10:00 COGS Fran P Cycle	09:30 - 10:30 CIRCUITS John Studio	10:15 - 11:00 AQUA Lisa M Pool	10:30 - 11:15 COGS Fran P Cycle	11:00 - 11:45 BODY PUMP Michelle Studio	11:15 - 12:00 AQUA Lisa M Pool			
	11:45 - 12:45 BEGINNER YOGA Saz Pila Yoga	12:15 - 13:15 HIP-HOP STEP Prema Studio	13:30 - 14:30 HATHA YOGA Fizz Studio	14:45 - 15:45 YOGA STRETCH Fizz Studio							
SUNDAY	08:15 - 09:15 PILATES Martyn Studio	09:30 - 10:15 COMPETITIVE METCON XL Gym Team InsideOut	09:45 - 10:45 PILATES Tracy Studio	10:45 - 11:30 INDOOR CYCLING Sonya Cycle	10:45 - 11:45 CIRCUITS Ceri Studio						
	14:00 - 15:15 BEGINNER MEDYOGA Davinder Pila Yoga	16:45 - 18:00 SOULFUL FLOW Alexandra Studio									

### KEY:

HOLISTIC	RIDE	STRENGTH
ENERGY	DANCE	LIGHT

BOOKINGS CAN BE MADE UP TO THREE DAYS IN ADVANCE