

MARLOW CLUB

# CLUB TIMETABLE

**MAIN STUDIO & PILA YOGA  
INSIDE OUT  
INDOOR CYCLING  
AQUA**



# MAIN STUDIO



THE MAIN STUDIO IS THE BEATING HEART OF GROUP EXERCISE AT THE MARLOW CLUB, OFFERING A HUGE VARIETY OF CLASSES TO CATER TO ALL NEEDS.

## MONDAY

- 06:45 CIRCUITS WITH CRAIG
- 08:00 PILATES WITH KELLY (PILA)
- 08:15 BODY COMBO WITH ANNE
- 09:15 BODY COMBO WITH ANNE
- 10:30 PILATES WITH ANNE
- 11:45 PROPS PILATES WITH NICKY R
- 12:40 SOMA BREATHWORK WITH RACHEL (PILA)
- 12:45 ZUMBA WITH ORIANA
- 14:00 PILATES WITH TRACY
- 17:00 YOGA FLOW WITH OLA
- 18:15 BODY COMBO WITH JOHN
- 19:15 PILATES WITH KIRSTEEN



## TUESDAY

- 08:00 STRENGTH COMBO WITH LEWIS R
- 08:00 PILATES WITH HELEN (PILA)
- 09:20 CIRCUITS WITH TRACY
- 10:15 PILATES WITH TRACY
- 11:10 PILATES WITH TRACY
- 12:00 MAXIMUS WITH MICAH
- 13:00 PILATES WITH LISA
- 14:30 YOGA STRETCH WITH ELLY
- 16:00 YOGA STRETCH WITH ELLY
- 17:15 YOGA FLOW WITH MATT
- 18:30 BODY PUMP WITH KIRSTEEN
- 19:30 PILATES WITH KIRSTEEN



## WEDNESDAY

- 08:15 BODY PUMP WITH KIRSTEEN
- 09:15 BODY COMBO WITH MICAH
- 10:05 DANCE BLAST WITH YVONNE
- 10:45 HATHA YOGA WITH CHLOE
- 12:00 PILATES WITH ANNE
- 13:15 PILATES WITH ANNE
- 14:00 YOGALATES WITH OLA (PILA)
- 15:30 MEDITATION YOGA WITH PAOLA (PILA)
- 18:00 CIRCUITS WITH TRACY
- 19:05 POWER PILATES WITH CHLOE



# MAIN STUDIO



## THURSDAY

- 07:00 BOXHIIT WITH LUKE
- 08:15 BODY COMBO WITH TRACY
- 09:30 BODY COMBO WITH TRACY
- 10:45 SLOW FLOW YOGA WITH OLA
- 12:00 HOT HIIT PILATES WITH IRMINA (PILA)
- 12:30 BODY PUMP WITH MICHELLE
- 14:00 YOGA FLOW WITH OLA
- 15:30 BEGINNER PILATES WITH NICKY
- 16:45 EXPRESS PILATES WITH NICKY
- 18:00 BODY COMBO WITH MICAH
- 19:00 BODY PUMP WITH SHARON
- 20:00 EXPRESS PILATES WITH MARTYN



## FRIDAY

- 08:30 PURE CIRCUITS WITH TRACY
- 09:30 BODY COMBO WITH TRACY
- 10:25 ABS BLAST WITH TRACY
- 11:00 PILATES WITH NICOLA
- 12:50 PILATES WITH SARAH
- 14:00 GENTLE COMBO WITH CERI
- 15:30 YOGA FLOW WITH VIV
- 17:00 YOGA FLOW WITH VIV
- 18:30 ZUMBA WITH CLARISSA



## SATURDAY

- 08:15 PILATES WITH JOHN
- 09:30 CIRCUITS WITH JOHN
- 10:45 BODY PUMP WITH MICHELLE
- 11:45 BEGINNER YOGA WITH SAZ
- 13:30 HATHA YOGA WITH FIZZ
- 14:45 YOGA STRETCH WITH FIZZ



## SUNDAY

- 08:15 PILATES WITH MARTYN
- 09:30 PILATES WITH TRACY
- 10:45 CIRCUITS WITH CERI
- 13:15 MEDYOGA RETORE WITH DAVINDER
- 14:45 CRYSTAL SOUND BATH WITH DAVINDER
- 16:45 SOULFUL FLOW WITH ALEXANDRA



# INSIDE OUT

THE OUTDOOR PLAYGROUND IS WELL-EQUIPPED WITH A LARGE VARIETY OF KIT – PERFECT FOR BOTH RESISTANCE AND CARDIO WORKOUTS.



## MONDAY

**07:00** BARBELL X WITH AMY

**09:15** METCON WITH JOSH

**10:00** FUNCTIONAL FITNESS WITH JOSH

**18:15** FUNCTIONAL FITNESS WITH ALFIE/BECKY

## TUESDAY

**10:00** FUNCTIONAL FITNESS WITH JOSH

**12:15** COMPETITIVE METCON WITH JOSH

**18:15** FUNCTIONAL FITNESS WITH ALFIE

## WEDNESDAY

**07:00** METCON WITH BECKY

**10:00** FUNCTIONAL FITNESS WITH BECKY

**18:15** COMPETITIVE METCON WITH JOSH

**19:00** BOX360 WITH JAMES

## THURSDAY

**08:00** COMPETITIVE METCON WITH ALFIE

**10:00** FUNCTIONAL FITNESS WITH ALFIE

**12:15** COMPETITIVE METCON WITH ALFIE

**18:15** FUNCTIONAL FITNESS WITH BECKY

## FRIDAY

**07:00** BARBELL X WITH AMY

**08:00** METCON WITH LEWIS

**10:00** FUNCTIONAL FITNESS WITH LEWIS

**12:15** METCON WITH LEWIS

**18:15** FUNCTIONAL FITNESS WITH ALFIE/BECKY

## SATURDAY

**09:30** FUNCTIONAL FITNESS WITH ALFIE/LEWIS

## SUNDAY

**09:30** FUNCTIONAL FITNESS WITH JOSH



# INDOOR CYCLING



THE INDOOR CYCLE STUDIO IS FULLY EQUIPPED WITH STATE-OF-THE ART STAGES BIKES AND MUSIC SET-UP TO ENSURE AN INVIGORATING, EXHILARATING EXPERIENCE.

## MONDAY

**07:00** INDOOR CYCLING WITH IAN  
**09:30** COGS WITH STEVE  
**18:15** INDOOR CYCLING WITH IAN

## TUESDAY

**07:00** COGS WITH FRAN P  
**09:30** BEATS WITH HELEN  
**18:15** COGS FRAN K

## WEDNESDAY

**07:00** COGS WITH FRAN K  
**08:15** COGS WITH FRAN P  
**09:30** COGS WITH FRAN P  
**17:45** INDOOR CYCLE WITH LAURA  
**18:45** COGS WITH LAURA

## THURSDAY

**09:45** INDOOR CYCLING WITH FRAN K

## FRIDAY

**07:00** INDOOR CYCLING WITH CRAIG  
**08:15** COGS WITH STEVE/FRAN K  
**09:30** COGS WITH STEVE/FRAN K

## SATURDAY

**09:15** COGS WITH FRAN P  
**10:30** COGS WITH FRAN P

## SUNDAY

**10:45** INDOOR CYCLING WITH SONYA



# AQUA



THE AQUA CLASSES AT THE MARLOW CLUB VARY IN STYLE AND CONTENT, BUT ARE ALWAYS FUN, ENERGETIC AND GREAT FOR GROUP EXERCISE ENTHUSIASTS OF ALL LEVELS OF FITNESS.

## MONDAY

**09:15** AQUA WITH RACHEL  
**14:00** AQUA WITH DANI

## TUESDAY

**10:05** AQUA WITH CERI  
**11:05** AQUA WITH CERI

## WEDNESDAY

**10:45** AQUA WITH YVONNE  
**14:00** AQUA WITH LISA  
**18:15** AQUA WITH DANI

## THURSDAY

**10:15** AQUA WITH RACHEL  
**14:00** AQUA WITH LISA

## FRIDAY

**11:15** AQUA WITH YVONNE

## SATURDAY

**10:15** AQUA WITH LISA  
**11:15** AQUA WITH LISA

