

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
- 10:45 BEGINNER YOGA WITH SARAH (PILA)
- 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
- 20:00 YOGA FLOW WITH KIM



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
- 12:30 ADVANCED YOGA WITH OLA (PILA)
- 12:50 PILATES WITH SARAH
- 14:00 GENTLE COMBO WITH CERI
- 15:30 YOGA FLOW WITH VIV
- 17:00 YOGA FLOW WITH VIV



SATURDAY

- 08:15 PILATES WITH JOHN
- 09:30 CIRCUITS WITH JOHN
- 10:45 BODY PUMP WITH MICHELLE
- 11:45 FITSTEPS WITH FRANKIE
- 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 RESTORE WITH DAVINDER (PILA)
- 14:45 CRYSTAL SOUND BATH WITH DAVINDER (PILA)
- 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

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 SENAY

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 CHRISTINE

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

