

## WEEKLY CLUB ACTIVITY PROGRAMME 2023



DAY	TIME	EVENT/CLASS	TRAINER	LOCATION
Monday	17.00 - 19.40	Squash – Club Night *	N/A	SQUASH COURTS
	17.15 - 18.00	Yoga (for strength & stability) ***	Julia Letchworth	FUNCTION ROOM
	17.30 - 18.15	HIIT/Circuit **	Pacie Richards	FITNESS STUDIO
	18.15 - 19.15	<b><i>Fitness Pilates</i></b> ***	Jasmine Duncan	FUNCTION ROOM
	18.30 - 19.30	Cycling to Music **	Alison Beardsley	FITNESS STUDIO
	19.30 - 20.30	Line Dancing ***	Paul Roberts	FUNCTION ROOM
Tuesday	09.30 - 10.15	<b><i>Legs, Bums and Tums (LBT)</i></b> *** <b><i>NEW</i></b>	Hari Payne	FUNCTION ROOM
	17.40 - 18.20	Junior Squash Coaching (5 - 11) *	Nige and Rae Truman	SQUASH COURTS
	18.00 - 18.45	Zumba ***	Jaszie Ellis-Douglas	FUNCTION ROOM
	18.00 - 18.45	Spinning **	Pacie Richards	FITNESS STUDIO
	18.45 - 19.45	MMA **	Pacie Richards	FITNESS STUDIO
Wednesday	10.00 - 11.00	Beginner Adult Racketball ***	Helen Rees	SQUASH COURTS
	10.00 - 11.00	<b><i>Fitness Pilates</i></b> *** <b><i>NEW</i></b>	Jasmine Duncan	FUNCTION ROOM
	17.00 - 19.40	Racketball – Club Night*	N/A	SQUASH COURTS
	17.45 - 18.30	Zumba ***	Jaszie Ellis-Douglas	FUNCTION ROOM
	18.00 - 19.00	Junior Squash (11 - 16)	Colin Gibson	SQUASH COURTS
	18.40 - 19.40	Beginner Adult Squash ***	Helen Rees	SQUASH COURTS
	18.45 - 19.30	HIIT/Circuit **	Pacie Richards	FITNESS STUDIO

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DAY	TIME	EVENT/CLASS	TRAINER	LOCATION
<b>Wednesday</b>	18.45 - 19.25	Pilates *****	Julie Simpson	FUNCTION ROOM
	19.30 - 20.00	Boxercise **	Pacie Richards	FUNCTION ROOM
	20.00 - 21.00	Club MMA *****	Pacie Richards	FUNCTION ROOM
<b>Thursday</b>	07.30 - 08.15	Cycling to Music **	Alison Beardsley	FITNESS STUDIO
	11.30 - 12.30	MovementandMusic *****	Carole Foote	FUNCTION ROOM
	16.40 - 17.40	Beginner Junior Squash (10-16) *	Helen Rees	SQUASH COURTS
	17.15 & 19.00	Slimming World *****	Rhona MacDonald-Rose	FUNCTION ROOM
	17.45 - 18.30	Spinning **	Pacie Richards	FITNESS STUDIO
	18.30 - 19.00	HIIT/Circuit **	Pacie Richards	FITNESS STUDIO
<b>Friday</b>	14.00 - 15.30	U3A Monthly Quiz *****	Damian McEntegart	BAR AREA
	16.30 - 17.30	Children's Art Class *****	Ira Smyth	FUNCTION ROOM
	19.00 - 20.00	MMA *****	Pacie Richards	FUNCTION ROOM
	19.30 - 21.00	Club Monthly Quiz *****	Damian McEntegart	CLUBROOM
<b>Saturday</b>	08.30 - 09.15	Group Spin Class **	Mary or Hari	FITNESS STUDIO
	11.15 - 12.15	Children's MMA *****	Pacie Richards	FUNCTION ROOM
	15.30 - 16.30	Beginner Junior Squash (5 - 16) *	Ken Bamford	SQUASH COURTS

* Members only	*** Open to all (reduced price to members)
** Open to all (free to members)	***** Open to all - contact organiser/instructor for price