



# Holistic Class Schedule

THE LENSBURY

Monday		
Pilates	Kirsty	08:45 – 09:30
Pilates	Chris	09:45 – 10:40
BODYBALANCE	Kate G	10:45 – 11:30
Pilates	Kate G	11:45 – 12:40
Ballet Barre	Melissa	12:45 – 13:30
Hatha Yoga	Barbara	13:45 – 14:40
Tai - Chi	Tove	17:00 – 17:55
Hatha Yoga	Garry	18:45 – 20:15
Pilates	Gill	20:30 – 21:15
Tuesday		
Pilates	Kate G	07:45 – 08:30
BODYBALANCE	Zoe	08:45 – 09:40
Vinyasa Yoga	Sarah A	09:45 – 10:30
Vinyasa Fusion	Darren	10:45 – 12:15
Pilates	Vanessa	12:45 – 13:40
BODYBALANCE	Rachel	13:45 – 14:40
Pilates	Kirsty	14:45 – 15:40
Back to Fitness	Margaret	16:45 – 17:30
Beginners Pilates	Gill	17:45 – 18:30
Vinyasa Yoga	Michelle	18:45 – 19:40
Pilates	Zoe	19:45 – 20:30
Wednesday		
Hatha Fusion	Zoe	08:45 – 09:40
BODYBALANCE	Zoe	09:45 – 10:30
Pilates	Vanessa	10:45 – 11:40
Health for Life	Margaret	11:45 – 12:40
Vinyasa Yoga	Kate M	12:45 – 13:40
Hatha Yoga	Edina	14:45 – 15:30
Latin Music and Dance (New)	Albane	16:45 – 17:30
BODYBALANCE	Rachel	17:45 – 18:40
Pilates	Gill	18:45 – 19:40
Pilates	Gill	19:45 – 20:30
Thursday		
Ashtanga Yoga	Cheryl	07:30 – 08:30
Hatha Yoga	Louisa	09:45 – 11:15
Pilates	Lyn	11:30 – 12:25
BODYBALANCE	Sarah MA	12:45 – 13:30
Meditation & Relax	Barbara	13:45 – 14:40
Pilates	Gill	14:45 – 15:30
Restorative Pilates	Sarah M	17:45 – 18:40
Pilates	Sarah M	18:45 – 19:40
Body Balance	Linda	19:45 – 20:30

Friday		
Pilates	Zoe	08:45 – 09:30
Athletic Pilates	Lyn	09:45 – 10:30
BODYBALANCE	Lyn	10:45 – 11:40
Ashtanga Yoga	Cheryl	11:45 – 12:30
Pilates	Kate G	12:45 – 13:40
Beginners Pilates	Kate G	13:45 – 14:30
Young Yogi's (7 – 13yrs)	Michelle H	16:45 – 17:30
Candlelit Yin Yoga	Michelle H	18:00 – 18:55
Saturday		
Pilates	Gill	08:45 – 09:40
BODYBALANCE	Lisa H	09:45 – 10:40
BODYBALANCE	Lisa H	10:45 – 11:40
Modified Ashtanga Yoga	Cheryl	12:00 – 12:55
Pilates	Paola	13:00 – 13:55
Mindful Yoga	Edina	14:45 – 15:40
Sunday		
Pilates	Zoe	08:45 – 09:30
Pilates	Gill	09:45 – 10:40
Vinyasa Yoga	Louise	10:45 – 12:15
Ballet Barre	Caroline G	12:45 – 13:30
BODYBALANCE	Caroline G	16:45 – 17:40
Hatha Yoga	Linda	18:45 – 19:30

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# Hi-Energy Class Schedule

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## Monday

Functional Blast	Fitness Team	06:30 – 07:15
Outdoor Rig Class	Fitness Team	08:00 – 08:45
BODYCOMBAT	Caroline S	08:30 – 09:15
LAPZ (Outdoors)	Julia	09:30 – 10:15
BODYPUMP	Zoe	09:30 – 10:25
CORE (Les Mills)	Lisa H	10:45 – 11:15
Cardio Tone	Jos	11:30 – 12:15
BODYBALANCE	Lyn	12:45 – 13:40
BODYPUMP	Honor	13:45 – 14:30
Aerobics	Anne	18:30 – 19:15
Fight Camp	Hamid	19:30 – 20:15

## Tuesday

Bootcamp	Fitness Team	06:30 – 07:15
Cardio Tone	Jos	08:30 – 09:25
Body Conditioning	Jos	09:30 – 10:15
BODYATTACK	Rachel	10:30 – 11:25
Zumba	Tania	11:30 – 12:25
BODYPUMP	Lisa B	12:30 – 13:25
CORE (Les Mills)	Joanne	18:30 – 19:00
BODYPUMP	Joanne	19:15 – 20:10
Functional Blast	Fitness Team	20:15 – 20:45

## Wednesday

Functional Blast	Fitness Team	06:30 – 07:00
Functional Core Drills	Fitness Team	07:00 – 07:30
Hi Energy	Anne	08:30 – 09:15
BODYPUMP	Lyn	09:30 – 10:15
LBT	Anne	10:30 – 11:25
Top to Toe	Anne	11:30 – 12:15
CORE (Les Mills)	Lisa H	12:30 – 13:00
Dance Motivation	Pauline	13:30 – 14:15
BODYPUMP	Patrick	14:30 – 15:15
Zumba	Pilar	18:30 – 19:15
Fight Camp	Hamid	19:45 – 20:30

## Thursday

BODYPUMP	Kirsty	06:30 – 07:15
Functional Blast	Fitness Team	07:30 – 08:00
Body Conditioning	Jos	08:30 – 09:15
Step	Jos	09:30 – 10:25
BODYCOMBAT	Honor	10:30 – 11:25
Zumba	Emma	11:30 – 12:25
KONGA®	Emma	12:30 – 13:15
BODYPUMP	Christine	18:30 – 19:25
Body Combat	Leon	19:30 – 20:15

## Friday

Functional Blast	Fitness Team	06:30 – 07:00
Functional Core Drills	Fitness Team	07:00 – 07:30
Cardio Tone	Jos	08:30 – 09:15
BODYPUMP	Jos	09:30 – 10:25
BODYATTACK	Rachel	10:30 – 11:25
Dynamic Sculpt	Emma	11:30 – 12:15
Dance Motivation	Pauline	12:30 – 13:25

## Saturday

BODYPUMP	Lyn	07:30 – 08:15
BODYPUMP	Lara	08:30 – 09:15
Outdoor Bootcamp	Julia	09:00 – 10:00
Zumba	Emma	09:45 – 10:30
BODYPUMP	Joanne	10:45 – 11:40
CORE (Les Mills)	Lisa H	11:45 – 12:30
Body Combat (coming soon)	Leon	12:45 – 13:30

## Sunday

Outdoor Rig Class	Fitness Team	08:00 – 08:45
BODYPUMP	Joanne	09:30 – 10:25
BODYATTACK	Rachel	10:30 – 11:25
Freestyle Pump	Dan	17:30 – 18:15
Movement & Mobility	Dan	18:30 – 19:15

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## Cycle Studio Class Schedule

Monday			Friday		
Studio Cycling	Sarah MA	10:45 – 11:30	Studio Cycling	Petra	09:45 – 10:30
Studio Cycling	Chris	12:45 – 13:30	Studio Cycling	Patrick	10:45 – 11:30
Studio Cycling	Patrick	18:45 – 19:30	Studio Cycling	Elsa	17:45 – 18:30
Studio Cycling	Lisa H	19:45 – 20:30	Saturday		
Tuesday			Studio Cycling	Lara	07:45 – 08:30
Studio Cycling	Susanna	10:45 – 11:30	Studio Cycling	Karen	08:45 – 09:30
Studio Cycling	Susanna	11:45 – 12:30	Studio Cycling	Rachel	09:45 – 10:30
Studio Cycling	Lara	18:45 – 19:30	Studio Cycling	Rachel	10:45 – 11:30
Wednesday			Sunday		
Studio Cycling	Petra	06:45 – 07:30	Studio Cycling	Chris	08:45 – 09:30
Studio Cycling	Elsa	09:45 – 10:30	Studio Cycling	Chris	09:45 – 10:30
Studio Cycling	Hamid	18:45 – 19:30	Studio Cycling	Karen	17:45 – 18:30
Thursday					
Studio Cycling	Patrick	10:45 – 11:30			
Studio Cycling	Patrick	11:45 – 12:30			
Studio Cycling	Rachel	17:45 – 18:30			
Studio Cycling	Rachel	18:45 – 19:30			



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## Aqua Class Schedule

Monday		
Aqua	Vanessa	10:00 – 11:00
Tuesday		
Aqua	Gabor	10:00 – 11:00
Wednesday		
Aqua	Petra	10:00 – 11:00
Thursday		
Aqua	Susan	10:00 – 11:00
Friday		
Aqua	Gabor	10:00 – 10:45
Aqua	Gabor	11:00 – 11:45

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# Junior Class Schedule

## Monday

Kore Kids Football (6 – 8 year olds)	Fitness Team	16:30 – 17:00
Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45
Teen Strength (13+)	Fitness Team	18:00 – 18:30

## Tuesday

Junior Multi Sports (4 – 6 years olds)	Junior Activities Team	16:40 – 17:15 Term time only)
Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

## Wednesday

Ball sports(4 – 6 years olds)	Junior Activities Team	16:40 – 17:15 Term time only)
Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

## Thursday

Junior Cardio Blast (7 – 9 years old)	Fitness Team	16:30 – 17:00
Strong Kids Circuits (9 - 12 year olds)	Fitness Team	17:00 – 17:30
Teen Strength (13+)	Fitness Team	18:00 – 18:30

## Friday

Junior Dodgeball (4 – 6 years old)	Junior Activities Team	16:40 – 17:15 Term time only)
Kore Kids Football (6 – 8 year olds)	Fitness Team	16:30 – 17:00
Young Yogi's (7– 13 year olds)	Michelle Hart	16:45 – 17:30 (Term time only)
Football Games (9 – 13 year olds)	Fitness Team	17:00 – 17:45
Teen Strength (13+)	Fitness Team	18:00 – 18:30

## Saturday

Junior Kore Kid Circuits	Fitness Team	13:00 – 13:40
Teen Strength (13+)	Fitness Team	13:15 – 13:45
Teen Strength (13+)	Fitness Team	16:15 – 16:45

## Sunday

Family Bootcamp (8+)	Fitness Team	11:00 – 11:45
Teen Strength (13+)	Fitness Team	13:15 – 13:45
Teen Strength (13+)	Fitness Team	16:15 – 16:45

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