



THE LENSBRURY

# Reformer Pilates Schedule

*\*Members are limited to 2 complimentary classes per week.*

Monday			Friday		
Reformer Pilates	Felicity	07:45 – 08:30	Beginner Reformer Pilates	Gill	07:45 – 08:30
Beginner Reformer Pilates	Felicity	08:45 – 09:45	Reformer Pilates	Gill	12:00 – 12:45
Beginner Reformer Pilates	Gill	19:00 – 19:45	Saturday		
Tuesday			Reformer Pilates	Zoe	09:30 – 10:15
Beginner Reformer Pilates	Zoe	07:45 – 08:30	Beginner Reformer Pilates	Zoe	10:30 – 11:15
Reformer Pilates	Vicky	08:45 – 09:30	Sunday		
Beginner Reformer Pilates	Vicky	09:45 – 10:30	Beginner Reformer Pilates	Felicity	10:00 – 10:45
Beginner Reformer Pilates	Vicky	12:00 – 12:45	Reformer Pilates	Felicity	11:00 – 11:45
Wednesday					
Reformer Pilates	Zoe	11:00 – 11:45			
Reformer Pilates	Vicky	12:00 – 12:45			
Beginner Reformer Pilates	Vicky	13:00 – 13:45			
Beginner Reformer Pilates	Vicky	17:45 – 18:30			
Reformer Pilates	Gill	20:00 – 20:45			
Thursday					
Reformer Pilates	Kate G	07:45 – 08:30			

Join us for your favourite class led by our team of experienced instructors.

Book your place and find our latest timetable using The Lensbury Club App.

To make the most out of your Reformer Pilates classes, we recommend booking a one-to-one Introduction to Reformer session prior to attending your first beginner reformer class.



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## Reformer Pilates (Chargeable) Schedule

*\*These sessions require a voucher. Vouchers can be purchased at members reception for £12 and sessions can be booked up to 1-month in advance. There is no restriction in the number of bookings. If you are new to reformer, please purchase an Intro to reformer one-to-one voucher prior to participating in any beginner sessions. Ask reception for more details.*

Monday			Friday		
Reformer Pilates	Kate Gerry	12:45 – 13:45	Reformer Pilates	Gill	08:45 – 09:45
Tuesday			Reformer Pilates	Gill	13:00 – 14:00
Reformer Jump board	Vicky	13:00 – 14:00	Beginner Reformer Pilates	Trish	16:00 – 17:00
Wednesday			Reformer Pilates	Trish	17:15 – 18:15
Beginner Reformer Pilates	Felicity	08:45 – 09:45	Saturday		
Beginner Reformer Pilates	Felicity	09:45 – 10:45	Reformer Pilates	Zoe	08:30 – 09:30
Thursday			Beginner Reformer Pilates	Zoe	11:30 – 12:30
Reformer Pilates	Lyn	10:30 – 11:30	Beginner Reformer Pilates	Trish	12:30 – 13:30
Reformer Pilates	Kate Gerry	12:30 – 13:30	Sunday		
Reformer Pilates	Gill	13:30 – 14:30	Reformer Pilates	Felicity	12:00 – 13:00
			Beginner Reformer Pilates	Felicity	13:00 – 14:00

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Book your place and find our latest timetable using The Lensbury Club App or at Members Reception for advanced booking.

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# Gym Floor Fast Classes

	Monday			Friday	
<b>Circuits</b>	Fitness Team	09:00 – 09:20	<b>Kettlebells</b>	Fitness Team	12:00 – 12:20
<b>Core</b>	Fitness Team	09:30 – 09:50	<b>HIIT</b>	Fitness Team	12:30 – 12:50
<b>TRX</b>	Fitness Team	13:00 – 13:20	Saturday		
Tuesday			<b>HIIT</b>	Fitness Team	12:00 – 12:20
<b>Kettlebells</b>	Fitness Team	07:30 – 07:50	<b>Core</b>	Fitness Team	12:30 – 12:50
<b>TRX</b>	Fitness Team	12:30 – 12:50	Sunday		
<b>HIIT</b>	Fitness Team	18:00 – 18:20	<b>Circuits</b>	Fitness Team	08:00 – 08:20
Wednesday			<p>Join us for your favourite class led by our team of experienced instructors.</p> <p>Book your place and find our latest timetable using The Lensbury Club App.</p>		
<b>Circuits</b>	Fitness Team	09:00 – 09:20			
<b>Core</b>	Fitness Team	09:30 – 09:50			
<b>TRX</b>	Fitness Team	13:00 – 13:20			
Thursday					
<b>Circuits</b>	Fitness Team	07:30 – 07:50			
<b>TRX</b>	Fitness Team	13:00 – 13:20			
<b>Core</b>	Fitness Team	18:00 – 18:20			



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