

Autumn Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:30-08:15 SPIN	12:30-13:30 STRETCH	09:45-10:30 AQUA	09:15-10:00 ZUMBA	07:30-08:15 SPIN	09:00-10:00 LBT
09:45-10:30 AQUA	18:15-19:00 AQUA	10:45-11:45 YOGA	09:45-10:30 AQUA	11:30-12:15 PILATES	10:30-11:30 PILATES
11:00-12:00 PILATES	18:15-19:00 SPIN	12:30-13:30 PILATES	13:30-14:30 PILATES	12:20-13:05 PILATES	
14:15-15:15 PILATES	20:25-21:25 PILATES	18:30-19:20 PILATES	18:15-19:15 BODYBLAST		
18:10-19:10 PILATES		19:30-20:30 SHAPE & REVIVE	19:30-20:20 FREESTYLE YOGA		
19:30-20:15 SPIN					

Christmas Period No Classes Information:

No Classes will take place from the 21st December until 06th January 2020.

Are you experiencing any issues or difficulties caused by the class timetable?

If so, we want to hear from you, please do not hesitate in e-mailing in or ask for Jaime at the desk on your next visit.

If you have any suggestions, please do not hesitate in putting these to Jaime, for consideration as we now start looking to put together our 2020 class timetable.

Members Class Booking Procedure

You can only book for yourself

Can only be booked via the telephone or email

(Please - no class booking or class enquiries are to be made at reception)

Classes from 9am to 2.15pm can only be booked from 7:30am, 7 days in advance

Classes from 2:15pm can only be booked from 12:30pm, 7 days in advance

If you are not attending a class, a minimum of 2 hours' notice is required

If you are on the reserve list you will be informed if you get into the class.

Otherwise, you will be transferred to the following week.

Persistent no-shows will be suspended from booking classes for 2 weeks.

Class Timetable can be found on: <https://www.theclub-southampton.co.uk>