

2020 Winter Class Timetable theClub



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Class	Times	Class	Times	Class	Times	Class	Times	Class	Times	Class	Times
Spin	07:30-08:15	HIIT	07:30-08:15	Aqua	09:45-10:30	Zumba	09:15-10:00	Spin	07:30-08:15		
Aqua	09:45-10:30	Dance	11:30-12:30	Yoga	10:45-11:45	Aqua	09:45-10:30	Aqua	09:45-10:30	LBT/Circuits	09:00-10:00
Pilates	11:00-12:00	Stretch	12:30-13:30	Pilates	12:30-13:30	Spin	12:00-12:45	Pilates	11:30-12:15	Pilates	10:30-11:30
HIIT	12:30-13:15	Aqua	18:15-19:00	HIIT/Circuits	14:00-14:45	Pilates	13:30-14:30	Pilates	12:20-13:05		
Pilates	14:15-15:15	Spin	18:15-19:00	Pilates	18:30-19:20	Bodyblast	17:30-18:15				
Spin	19:30-20:15	Pilates	20:25-21:25	Shape & Revive	19:30-20:30	Yoga	18:30-19:30				
						FStyle Yoga	19:40-20:40				

**HOW TO BOOK:** [www.theclub-southampton.co.uk/class-booking](http://www.theclub-southampton.co.uk/class-booking)

**TO CANCEL:**

1. Open an **Internet Browser** and **type** the above **URL** (in orange).
2. Select the Class you wish to book into, followed by clicking **“View Selections”**.
3. Click on **“Book now”**.
4. **Complete** Relevant **Information** Name, E-mail and Membership Card Number.
5. Click on **“Continue”** alongside Password: **W2020**

1. **Open** your **confirmation e-mail**, for the chosen class.
2. Click on the Green Button **‘View Booking’**.
3. Open the Ticket and Click **‘Cancel This Booking’**

**Online Booking System:** [www.theclub-southampton.co.uk/class-booking](http://www.theclub-southampton.co.uk/class-booking)

