

THE HOGARTH CLUB  
**CLASS TIMETABLE**

*May 17th - July 23rd 2021*



# THE HOGARTH CLUB CLASS TIMETABLE

Walk-ins are welcome, but all classes are also bookable online to guarantee your space. Guaranteed spaces for classes that have both indoor / outdoor locations reflect the **indoor** capacity (in case the class has to move inside). This means that even if this class looks 'fully booked' online, if the class takes place outside there may be room for more walk-in spaces.

## MONDAY

Time	Activity	Instructor	Location	Level	Zoom
08:30 - 09:30	Iyengar Yoga	Jackie	Studio 2	General	
09:00 - 09:45	HIIT	Alex	Tent / Studio 3	General	
10:00 - 10:45	Bodypump	Miranda	Studio 1	General	
10:00 - 11:00	Pilates	Farzin	Studio 2	Int/Adv	
10:15 - 11:00	Aqua Aerobics	Ris	Pool	General	
11:00 - 11:45	Body Conditioning	Simone	Front Court / Studio 1	General	
11:15 - 12:30	Dynamic Flow Yoga	Violet	Studio 2	General	
12:00 - 13:00	Danceworks	Alison	Studio 1	General	
12:45 - 13:45	Strength & Mobility	Violet	Studio 2	General	
13:15 - 14:15	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates	Jenni	Studio 2	Beg/Int	
18:30 - 19:30	Zumba	Mariusz	Studio 1	General	
19:00 - 20:00	Hatha Yoga	Laura	Studio 2	General	
19:00 - 19:45	Group Cycle	Csenge / Alla	Tent	General	
19:00 - 20:00	HIIT Circuit	Terry	Front Court	Advanced	

## TUESDAY

Time	Activity	Instructor	Location	Level	Zoom
06:45 - 07:30	Bodypump	Dean	Studio 1	General	
07:00 - 08:00	Hatha Yoga	Karen S	Studio 2	General	
08:15 - 09:15	Pilates	Farzin	Studio 2	General	
09:00 - 09:45	HIIT	Katie	Back Court / Studio 3	General	
09:30 - 10:15	Pure Stretch	Debbie B	Studio 2	General	
09:30 - 10:15	Group Cycle	Luis	Tent	General	
09:45 - 10:30	Bodypump	Venus	Studio 1	General	
10:15 - 11:00	Aqua Zumba	Farzin	Pool	General	
10:45 - 11:45	Hatha Yoga Flow	Tallulah	Studio 2	General	
11:00 - 11:45	Sh'Bam	Venus	Studio 1	General	
12:00 - 13:00	Pilates	Agnes	Studio 2	General	
12:00 - 13:00	Stretchworks	Alison	Studio 1	Int/Adv	
13:30 - 14:30	Pilates	Marina	Studio 2	General	
18:00 - 18:45	HIIT	Alex	Studio 1	General	
18:30 - 19:30	Pilates	Farzin	Studio 2	General	
19:00 - 19:45	Body Conditioning	Simone	Studio 1	General	
19:00 - 19:50	Group Cycle	Dean	Tent	General	

## WEDNESDAY

Time	Activity	Instructor	Location	Level	Zoom
09:00 - 10:00	Pilates	Farzin	Studio 2	General	
09:30 - 10:15	Bodypump	Alla	Studio 1	General	
10:45 - 11:30	H2O	Farzin	Pool	General	
10:45 - 11:45	Stretchworks	Alison	Studio 1	Advanced	
11:00 - 12:15	Vinyasa Flow Yoga	Violet	Studio 2	General	
12:00 - 12:45	HIIT	Katie	Front Court / Studio 3	General	
12:00 - 13:00	Danceworks	Alison	Studio 1	General	
12:30 - 13:30	Fitness Pilates	Violet	Studio 2	General	
13:15 - 14:00	Zumba	Deby	Studio 1	General	
14:00 - 15:15	Iyengar Yoga	Jackie	Studio 2	General	
15:30 - 16:30	Pilates	Marina	Studio 2	General	
18:30 - 19:15	Group Cycle	Luis	Tent	General	
19:45 - 20:45	Pilates	Marina	Studio 2	Beginner	

## THURSDAY

Time	Activity	Instructor	Location	Level	Zoom
09:15 - 10:00	Group Cycle	Gordon	Tent	General	
09:15 - 10:00	H2O	Peter	Pool	General	
09:45 - 10:30	50/50	Simone	Front Court / Studio 1	General	
10:00 - 11:00	Yoga Barre	Karen S	Studio 2	General	
11:00 - 11:45	Bodypump	Sophie	Studio 1	General	
11:15 - 12:15	Hatha Yoga	Karen S	Studio 2	General	
12:15 - 13:00	Zumba	Tiffany	Studio 1	General	
12:30 - 13:45	Tai Chi	Yuka	Studio 2	General	
13:15 - 14:15	Stretchworks	Alison	Studio 1	General	
14:00 - 15:00	Pilates	Shanti	Studio 2	General	
15:15 - 16:15	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	
18:45 - 19:45	Pilates	Jenni	Studio 2	Intermediate	
20:00 - 21:00	Hatha Yoga	Tatjana	Studio 2	General	

## FRIDAY

Time	Activity	Instructor	Location	Level	Zoom
08:30 - 09:30	Stretch & Tone	Karen S	Studio 2	General	
08:45 - 09:30	Bodypump	Lana	Studio 1	General	
09:00 - 09:45	HIIT	Gordon	Tent	General	
09:45 - 11:00	Intermediate Yoga	Michaela	Studio 2	Int/Avd	
10:00 - 10:45	Aqua Aerobics	Simone	Pool	General	
10:00 - 10:45	Group Cycle	Gordon	Tent	General	
10:00 - 10:45	Zumba	Gary	Studio 1	General	
11:00 - 12:00	Stretchworks	Alison	Studio 1	General	
11:15 - 12:15	Yoga Basics	Michaela	Studio 2	General	
12:15 - 13:00	Sh'Bam	Venus	Studio 1	General	
12:30 - 13:30	Pilates	Graeme	Studio 2	General	
14:00 - 15:00	Clinical Pilates	Shanti	Studio 2	Beg/Remedial	
19:00 - 20:00	Hatha Yoga	Karen S	Studio 2	General	

## SATURDAY

Time	Activity	Instructor	Location	Level	Zoom
08:15 - 09:15	Pilates	Shanti	Studio 2	Beginner	
08:30 - 09:15	Group Cycle	Gordon	Tent	General	
09:30 - 10:30	Pilates	Shanti	Studio 2	Intermediate	
09:30 - 10:15	Group Cycle	Gordon	Tent	General	
10:00 - 10:45	Hi/Lo	Simone	Studio 1	General	
10:30 - 11:15	HiIT	Gordon	Tent	General	
11:00 - 11:45	Body Conditioning	Simone	Studio 1	General	
11:00 - 12:00	Dynamic Yoga	Karen S	Studio 2	General	
12:15 - 13:00	Bodypump	Mari	Studio 1	General	
12:15 - 13:15	Yoga Barre	Karen S	Studio 2	General	
13:30 - 14:30	Zumba	Deby	Studio 1	General	

## SUNDAY

Time	Activity	Instructor	Location	Level	Zoom
08:05 - 08:45	Group Cycle	Dean	Tent	General	
09:00 - 09:45	Bodypump	Dean	Studio 1	General	
10:15 - 11:00	Body Conditioning	Dean	Front Court / Studio 1	General	
10:30 - 11:45	Hatha Yoga	Tatjana	Studio 2	General	
11:15 - 12:00	Hi/Lo, Core & More	Simone	Back Court / Studio 1	General	
17:15 - 18:30	Yin Yoga & Guided Meditation	Raimonda	Studio 2	General	

Available on Zoom

Available on Zoom if moved inside due to poor weather

Classes with multiple locations (?) will be outdoors, weather-permitting



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