

WHO TEACHES WHAT?

Book Your Classes Online
www.theshrewsburyclub.co.uk

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
06.05-06.50	RESHAPE	Simon	06.05-06.50	BATTLE	Tom	06.05-06.50	LIFT	Tom	06.15-06.45	BOOTCAMP	Simon	06.05-06.50	METCON	Tom	08.00-08.45	BATTLE	Simon / Tom
06.15-06.45	BOOTCAMP	Tom	06.30-07.00	SPIN	Tracy A	06.30-07.00	SPIN	Tracy A	06.30-07.00	CX WORX	Sam	06.30-07.30	BODY PUMP	Gym Team	08.30-09.00	SPIN	Tracy A
06.30-07.00	SPIN	Sam	06.30-07.30	YOGA	Emily	07.00-07.30	CIRCUITS	Tracy A	06.50-07.20	RIDE	Simon	09.15-10.15	LEGS BUMS & TUMS	Denise	09.00-09.45	CIRCUITS	Tracy A
07.00-07.30	GRIT	Sam	07.00-07.30	META PWR	Kieran	09.15-10.15	BODY COMBAT	Mickey	07.00-07.30	YOGA FLOW	Emma	09.15-10.15	KONGA DANCE	Clare	09.00-10.00	CAVEMAN	Simon / Tom
09.15-10.00	BATTLE	Simon	09.15-10.15	ZUMBA	Carla	09.15-10.15	YOGA	Emily	07.30-08.00	YOGA	Emma	10.00-11.00	MUMMYFIT BOOTCAMP	Gym Team	09.30-10.15	AQUA	Karen
09.15-10.15	PILOXING	Tracy C	09.15-10.15	LEGS BUMS & TUMS	Tracy C	10.00-11.00	MUMMYFIT BOOTCAMP	Gym Team	09.15-10.15	TAI CHI	Tom S	10.15-11.00	AQUA	Tracy A	10.00-11.00	BODY COMBAT	Robin
09.15-10.00	SPIN	Conner	10.15-10.45	SPIN	Tracy A	10.30-11.15	AQUA	Gill	09.15-10.15	AEROBICS	Tracy C	10.20-11.20	OLIT	Marica	11.10-12.10	BODY PUMP	Robin
10.00-11.00	BODY COMBAT	Mickey	10.15-11.15	BODY COMBAT	Neil	10.20-11.20	SWISS BALL PILATES	Robin	09.30-10.15	CARDIO CORE	Tom	10.30-11.30	BOXERCISE	Jodee			
10.15-10.40	BARREFLOW FITNESS	Annalie	10.15-11.15	ALL ABILITIES PILATES	Annalie	10.25-11.25	BODY PUMP	Nina	10.20-11.20	PILATES	Lauren	11.30-12.30	PILATES INTERMEDIATE	Marica			
10.30-11.15	AQUA	Nicky	10.30-11.15	AQUA	Tracy C	11.30-12.30	NIA	Jane	10.30-11.15	AQUA	Tracy A	14.00-14.45	AQUA	Gilly	09.30-10.30	LEGS BUMS & TUMS	Nicky
10.45-11.45	PILATES PLUS	Annalie	11.15-12.00	BARREFLOW FUSION	Annalie	11.30-12.15	KETTLEBELLS	Dave	10.30-11.30	BODY PUMP	Shaun	18.00-18.30	META PWR	Kieran/Conner	08.10-08.55	RESHAPE	Simon / Tom
11.05-11.35	CX WORX	Sam	11.25-12.25	BODY PUMP	Shaun	17.40-18.25	LIFT	Tom	11.30-12.45	YOGA	Jane	18.00-19.00	CLUBBERCISE	Toni	09.00-09.45	RIDE	Simon / Tom
11.30-12.00	POST-NATAL SPIN	Gilly	12.00-12.30	POST-NATAL SPIN	Gym Team	18.00-18.30	GRIT	Sam	11.35-12.05	CX WORX	Sam	18.30-19.30	POWER HOUR	Tom	10.30-11.30	CLUBBERCISE	Toni
12.00-12.30	CORE & STRETCH	Gilly	12.05-13.05	HOT YOGA	Sasha	18.30-19.00	CX WORX	Sam	17.30-18.00	LEGS BUMS & TUMS	Gym Team				10.30-11.30	OLIT	Marica
11.50-13.05	YOGA	Lydia	12.35-13.15	MUMMYFIT H.I.I.T	Gym Team	18.30-19.00	SPIN	Brad / Holly	18.00-19.00	PILATES	Marica						
17.30-18.00	SPIN	Kieran	17.30-18.00	SPIN	Conner	19.15-20.15	BODY PUMP	Holly	18.00-18.30	SPIN	Kieran						
18.00-19.00	BODY COMBAT	Mickey	18.00-18.30	GRIT	Sam	18.30-19.30	YOGA	Emma	18.00-19.00	BODY COMBAT	Mickey						
18.15-19.00	CARDIO CORE	Simon	18.15-19.00	RIDE	Tom	19.30-20.30	JUNGLE BODY	Clare	18.30-19.15	AQUA	Gilly						
18.30-19.30	PILATES	Marica	18.30-19.15	AQUA	Karen	20.15-21.00	KETTLEBELLS	Dave	19.00-20.00	YOGA	Jo						
19.10-20.10	BODY PUMP	Jemma	18.00-19.00	ZUMBA	Alison				19.00-20.00	CAVEMAN	Simon						
19.40-20.25	RESHAPE	Simon	18.30-19.00	CX WORX	Sam				19.15-20.00	BATTLE	Tom						
			19.00-20.00	YOGA	Emma												
			19.00-20.00	CAVEMAN	Selina												
			19.30-20.30	CLUBBERCISE	Toni												
			20.10-20.55	HOT YOGA	Sasha												

Key

	Health & Fitness Studio
	MyRide Studio
	Mind & Body Studio
	Swimming Pool
	MummyFit
	Outside

LES MILLS
 FOR A FITTER PLANET



We are thrilled to be able to offer over 100 fitness classes a week, all included in membership. So no matter what your age or ability, The Shrewsbury Club will have a class for you! They are great fun, and you will also enjoy the benefits of getting motivation from your fellow group members. Our two fitness studios and MyRide Studio are fully air conditioned and were recently refurbished. Members can easily book classes online, whether you're an early bird, daytime fan or you prefer evenings. It is all about providing you with a quality training environment, quality instruction and ease of booking. By getting these three things right makes The Shrewsbury Club a top choice for people interested in group fitness.