the shrewsbury club

CLASS TIMETABLE

Edit for February 1st 2024

MONDAY

HEALTH & FITNESS STUDIO

06.05-06.50	Reshape	Ultimate
07.00-07.30	GRIT	Sam
08.15-09.00	Battle	Ultimate
09.15-10.00	Battle	Ultimate
10.15-11.15	BodyCombat	Mickey
17.30-18.00	GRIT	Brad
18.15-19.15	BodyCombat	Neil
19.30-20.30	BodyPump	Jemma

SPIN STUDIO

06.30-07.00	Spin	Allan
07.45-08.15	Sprint	*Virtual*
09.15-10.00	Spin	Thierry
17.30 -18.00	RPM	Gilly
18.30-19.15	Cardio Core	Ultimate

MIND & BODY STUDIO

07.00-08.00	Flow Yoga	Lucy
09.15-10.00	Piloxing	Tracy C
10.45-11.45	Yoga	Cat
12.00-13.00	Yoga	Jen
13.15-14.15	Pilates	Jag
19.30-20.30	Pilates	Marica

SWIMMING POOL

10.30-11.15	Aqua	Nicky

#BASE

07.00-07.30	Ulitmate 360	Ultimate
12.00-13.00	BuggyBabies Circuits	Gilly
19.30-20.15	Reshape	Ultimate

TUESDAY

HEALTH & FITNESS STUDIO

06.05-06.50	Battle	Ultimate
07.15-07.45	Abs Blast	Mickey
08.15-09.00	LBT	Tracy C
09.15-10.00	LBT	Tracy C
10.15-11.15	BodyCombat	Neil
11:45-12:45	Body Balance	Sarah
18.00-18.30	Abs Blast	Allan
18.45-19.15	HIIT	Mickey
19.30-20.30	Body Attack	Robin

SPIN STUDIO

06.30-07.00	Spin	Thierry
09.30-10.15	BuggyBabies Spin & Abs	Gilly
11.15-11.45	BuggyBabies Spin	Gilly
17.30-18.00	Spin	Gilly
18.15-19.00	Ride	Ultimate

MIND & BODY STUDIO

06.30-07.30	Flow Yoga	Lucy
09.00-09.45	Dance Aerobics	Clare
10.00-11.00	Pilates	Annalie
11.15-12.00	BarreFitness	Annalie
12.15-13.15	Hot Yoga	Sasha
18.00-19.00	Zumba	Sabina
19.15-20.00	Hot Yoga	Jen
20.15-21.15	Yin Yoga	Jen

SWIMMING POOL

10.30-11.15	Aqua	Tracy C
18.30-19.15	Aqua	Gilly

#BASE

07.00-08.00	Hyrox	Matthew
12.00-12.30	BuggyBabies HIIT	Gilly
18.00-19.00	Boxing Circuits	Jodee
19.15-20.00	Ultimate 360	Ultimate

COURT 4

06.05-06.50	Body Weights Circuits	Mickey

WEDNESDAY

HEALTH & FITNESS STUDIO

07.15-07.45	Circuits	Matthew
08.00-08.45	Boxercise	Neil
09.15-10.15	BodyCombat	Mickey
10.30-11.30	BodyPump	Brad
18.00-18.30	GRIT	Brad
18.40-19.10	Les Mills Core	Brad
19.20-20.20	BodyPump	Sarah

SPIN STUDIO

06.30-07.00	Sprint	Matthew
09.30-10.15	RPM	Jag
11.00-12.00	BuggyBabies Spin & Abs	Gilly
18.00-18.30	Spin	Allan
18.40-19.10	Sprint	Allan

MIND & BODY STUDIO

07.00-08:00	Pilates	Jag
09.15-10.15	Flow Yoga	Emily
10.30-11.15	Swiss Ball	Robin E
11.30-12.30	Nia	Jane
13.15-13.45	Postnatal Yoga	Sasha
18.30-19.30	Yoga	Jane
19.45-20.45	Dance Aerobics	Clare

SWIMMING POOL

10.30-11.15	Aqua	Skye

#BASE

06.05-06.45	Lift	Ultimate
07.00-07.30	Ultimate 360	Ultimate
18.15-19.00	Lift	Ultimate
19.15-20.00	Kettlebells	Ultimate

THURSDAY

HEALTH & FITNESS STUDIO

06.30-07.00	Les Mills Core	Brad
09.15-10.00	LBT	Tracy C
10.30-11:30	BodyPump	Holly
11.45-12.45	LatinoAerobics	Marica
17.30-18.00	PadFit	Iain
18.15-19.00	BodyCombat	Neil
19.15-20.00	Battle	Ultimate

SPIN STUDIO

06.50-07.20	Ride	Ultimate
09.30-10.15	Cardio Core	Ultimate
11.00-11.45	The Trip	*Virtual*
18.15-18.45	Spin	Jag
19:00-20:00	Body Balance	Sarah

MIND & BODY STUDIO

07.00-08.00	Flow Yoga	Emily
09.15-10.15	Tai Chi	Tom
10.30-11.30	Pilates	Michelle
11.45-12.45	Yoga	Lucy
18.00-19.00	Pilates	Marica
19.15-20.15	Yoga	Jo

SWIMMING POOL

10.30-11.15	Aqua	Skye
18.30-19.15	Aqua	Gilly

#BASE

06.05-06.50	Lift	Ultimate
18:00-18:45	Hyrox	Matthew

FRIDAY

HEALTH & FITNESS STUDIO

06.30-07.30	BodyPump	Brad
07.45-08.15	GRIT	Brad
09.15-10.15	LBT	Denise
10.30-11.30	Boxercise	Neil
17.30-18.15	Body Combat	Robin
18.30-19.30	Power Hour	Simon

SPIN STUDIO

06.05-06.50	Metcon	Ultimate
10.00-10.30	BuggyBabies Spin	Gilly
18.30-19.15	RPM	Robin

MIND & BODY STUDIO

07.00-08.00	Yin Yoga	Lucy
09.00-10.00	Dance Aerobics	Clare
10.15-11.15	Olit	Marica
11.30-12.30	Pilates	Marica
13.45-14.15	Postnatal Yoga	Sasha
19:00-20:00	Family Jiu Jitsu	Shane

SWIMMING POOL

10.30-11.15	Aqua	Denise
14.00-14.45	Aqua	Clare M

#BASE

17.30-18.15	Lift	Ultimate
18:30-19:30	Hyrox	Matthew

SATURDAY

HEALTH & FITNESS STUDIO

08.00-08.45	Battle	Ultimate
09.15-10.00	Circuits	Staff
10.15-11.15	Body Combat	Robin
11.30-12.30	BodyPump	Robin

SPIN STUDIO

08.30-09.00	Spin	Skye
09.15-09.45	Sprint	Iain

MIND & BODY STUDIO

08.00-08.45	Zumba	Sabina

SWIMMING POOL

09.30-10.15	Aqua Zumba	Sabina

#BASE

08.00-08.45	Battle	Ultimate
09.00-10.00	BodyAttack	Robin
10.10-10.55	Lift	Ultimate

SUNDAY

HEALTH & FITNESS STUDIO

08.10-08.55	Reshape	Ultimate
09.30-10.30	LBT	Toni
10.45-11.45	Family Clubbercise	Toni

SPIN STUDIO

09.00-09.45	Ride	Simon

MIND & BODY STUDIO

10.30-11.30	Yoga	Jen
11.45-12.45	Yoga	Jen
17.45-18.45	Yin Yoga	Lucy
19.00-20.00	Yin Yoga	Lucy

BOOK YOUR CLASS TODAY

**VIRTUAL* CLASSES DO NOT NEED TO BE BOOKED

ONLINE: theshrewsburyclub.co.uk CALL: 01743 467755