



# Glenview Health and Leisure Club



## Fitness Class Timetable

GLENVIEW HOTEL  
AND LEISURE CLUB

### September and October 2020

Day	Time	Class	Duration	Area
<u>Monday</u>	6.30am – 7.00pm	Spin	30 mins	Fitness Studio
	9.00am – 9.30am	Total Body Conditioning	30 mins	Fitness Studio
	9.45am – 10.15am	Super Pump	30 mins	Fitness Studio
	6.30pm – 7.00pm	HIIT Spin	30 mins	Fitness Studio
	7.15pm – 7.45pm	Super Strength	30 mins	Fitness Studio
<u>Tuesday</u>	6.30am – 7.00pm	Kettlebells	30 mins	Fitness Studio
	9.00am – 9.30am	Spin	30 mins	Fitness Studio
	9.45am – 10.15am	Push and Lift	30 mins	Fitness Studio
	10.30am – 11.00am	Super Seniors	30 mins	Fitness Studio
	6.30pm – 7.00pm	Cardio Blast	30 mins	Fitness Studio
	7.15pm – 7.45pm	Total Body Conditioning	30 mins	Fitness Studio
<u>Wednesday</u>	6.30am – 7.00pm	Strength Training	30 mins	Fitness Studio
	9.00am – 9.30pm	Arms, Abs and Bum	30 mins	Fitness Studio
	10.00am – 10.30pm	Super Seniors	30 mins	Fitness Studio
	10.45am – 11.15am	Super Seniors	30 mins	Fitness Studio
	6.30pm – 7.00pm	Spin	30 mins	Fitness Studio
	7.15pm – 7.45pm	Kettlebells	30 mins	Fitness Studio
<u>Thursday</u>	6.30am – 7.00pm	Total Body Conditioning	30 mins	Fitness Studio
	9.00am – 9.30am	Spin	30 mins	Fitness Studio
	9.45am – 10.15am	Kettlebells	30 mins	Fitness Studio
	10.30am – 11.00am	Super Seniors	30 mins	Fitness Studio
	6.30pm – 7.00pm	Spin	30 mins	Fitness Studio
	7.15pm – 7.45pm	Kettlebells	30 mins	Fitness Studio
<u>Friday</u>	6.30am – 7.00pm	Super Spin	30 mins	Fitness Studio
	9.00am – 9.30am	Cardio Pump	30 mins	Fitness Studio
	10.00am – 10.30am	Super Seniors	30 mins	Fitness Studio
	10.45am – 11.15am	Super Seniors	30 mins	Fitness Studio
	6.30pm – 7.15pm	Spin and Lift	30 mins	Fitness Studio
<u>Saturday</u>	9.00am – 9.45am	Super Spin	45 mins	Fitness Studio
	10.00am – 10.45am	Total Body Conditioning	45 mins	Fitness Studio
<u>Sunday</u>	9.00am – 9.30am	Spin	30 mins	Fitness Studio
	9.45am – 10.15am	Super Pump	30 mins	Fitness Studio

- Maximum of 6 people in a class to allow for “Social Distancing” in line with current government guidelines.
- Members are requested to sanitise their hands before and after the class.
- Classes can be booked a maximum of 48 hours in advance.
- Super Seniors – maximum of 2 classes allowed per week.
- We urge members to arrive on time for their class as there will be no queueing allowed outside of the studio.
- Members are requested to exit the club directly after their class unless they have booked a gym or swim session for after their class.
- The water fountain in the studio will not be able to be used so we urge members to bring enough water for their class.
- The timetable is subject to review at any time in line with the relevant government guidelines.