

Group Exercise Timetable 2021

Class bookings can be made up to 7 days in advance through your MemberZone account or by telephone. If you need help setting up your MemberZone account, please speak to one of the leisure team.

Please allow previous class participant to exit entirely before you enter for your session.

Please note that the activity pool will be closed for all classes marked with an asterisk (*).

Welcome back to our wonderful Group Exercise Instructors!



Monday

| | | |
|-------------|-------------|----------|
| 09:30-10:15 | Spin | Sophia D |
| 10:30-11:30 | Body Sculpt | Sophia D |
| 18:00-18:45 | BODYPUMP | Rachel |
| 19:00-20:00 | BODYBALANCE | Rachel |

Tuesday

| | | |
|-------------|-------------------|--------|
| 09:00-09:45 | Aquafit* | Trish |
| 09:30-10:15 | BODYCOMBAT | Juliet |
| 10:00-10:45 | Spin | Trish |
| 10:30-11:15 | Pilates | Juliet |
| 18:00-19:00 | Zumba | Sarah |
| 18:45-19:45 | Vinyasa Flow Yoga | Jade |

Wednesday

| | | |
|-------------|------------|-------|
| 09:30-10:30 | Pilates | Kim |
| 18:15-18:45 | Grit | Jason |
| 18:55-19:40 | Aquafit* | Trish |
| 19:00-20:00 | BODYCOMBAT | Jason |

Thursday

| | | |
|-------------|-------------|---------------|
| 10:30-11:30 | Keep Active | Kim |
| 18:00-19:00 | BODYATTACK | Alex/ Giorgio |
| 19:00-19:45 | BODYBALANCE | Trish |

Friday

| | | |
|-------------|-------------|--------|
| 09:30-10:15 | Aquafit | Kim |
| 09:30-10:30 | BODYBALANCE | Rachel |

Saturday

| | | |
|-------------|----------|----------|
| 08:15-08:45 | Bootcamp | Gym team |
| 10:00-11:00 | Pilates | Tatjana |

Sunday

| | | |
|-------------|------------|---------------|
| 09:00-10:00 | BODYATTACK | Alex/ Giorgio |
|-------------|------------|---------------|

HAMPSHIRE COURT VIRTUAL REALITY TIMETABLE 2021



Monday

07:00-07:30 GRIT
 07:15-08:00 SPIN
 08:15-09:00 SPIN
 09:00-10:00 BODYATTACK
 10:15-11:00 SPIN
 11:15-12:00 SPIN
 12:00-13:00 BODYBALANCE
 12:15-13:00 SPIN
 13:15-14:00 SPIN
 13:30-14:00 CXWORX
 14:15-15:00 SPIN
 14:30-15:30 BODYBALANCE
 15:15-16:00 SPIN
 16:00-17:00 BODYPUMP
 16:15-17:00 SPIN
 17:15-18:00 SPIN
 18:15-19:00 SPIN
 19:15-20:00 SPIN

Tuesday

07:00-08:00 BODYBALANCE
 07:15-08:00 SPIN
 08:15-09:00 SPIN
 08:30-09:00 GRIT
 09:15-10:00 SPIN
 10:30-11:30 BODYPUMP
 11:15-12:00 SPIN
 12:00-12:30 CXWORX
 12:15-13:00 SPIN
 13:00-14:00 BODYCOMBAT
 13:15-14:00 SPIN
 14:15-15:00 SPIN
 14:30-15:30 BODYBALANCE
 15:15-16:00 SPIN
 16:00-16:30 GRIT
 16:15-17:00 SPIN
 17:15-18:00 SPIN
 16:45-17:45 BODYATTACK
 18:15-19:00 SPIN
 19:15-20:15 BODYPUMP

Wednesday

07:00-08:00 BODYATTACK
 07:15-08:00 SPIN
 08:15-09:00 SPIN
 08:30-09:30 BODYPUMP
 09:15-10:00 SPIN
 10:00-10:30 GRIT
 10:15-11:00 SPIN
 11:15-12:00 SPIN
 11:30-12:30 BODYCOMBAT
 12:15-13:00 SPIN
 13:00-14:00 BODYBALANCE
 13:15-14:00 SPIN
 14:15-15:00 SPIN
 14:30-15:00 CXWORX
 15:15-16:00 SPIN
 16:00-17:00 BODYBALANCE
 16:15-17:00 SPIN
 17:15-18:00 SPIN
 18:15-19:00 SPIN
 19:15-20:00 SPIN

Thursday

07:15-08:00 SPIN
 07:30-08:30 BODYPUMP
 08:15-09:00 SPIN
 09:00-10:00 BODYBALANCE
 09:15-10:00 SPIN
 10:15-11:00 SPIN
 11:15-12:00 SPIN
 12:00-13:00 BODYPUMP
 12:15-13:00 SPIN
 13:15-14:00 SPIN
 13:30-14:00 CZWORX
 14:15-15:00 SPIN
 15:00-15:30 GRIT
 15:15-16:00 SPIN
 16:15-17:00 SPIN
 16:30-17:30 BODYPUMP
 17:15-18:00 SPIN
 18:15-19:00 SPIN
 19:15-20:00 SPIN

Friday

07:15-08:00 SPIN
 07:30-08:30 BODYATTACK
 08:15-09:00 SPIN
 09:00-09:30 CXWORX
 09:15-10:00 SPIN
 10:15-11:00 SPIN
 10:30-11:00 GRIT
 11:15-12:00 SPIN
 12:00-13:00 BODYPUMP
 12:15-13:00 SPIN
 13:15-14:00 SPIN
 13:30-14:30 BODYATTACK
 14:15-15:00 SPIN
 15:00-16:00 BODYBALANCE
 15:15-16:00 SPIN
 16:15-17:00 SPIN
 16:30-17:00 GRIT
 17:15-18:00 SPIN
 18:00-19:00 BODYPUMP
 18:15-19:00 SPIN
 19:15-20:15 BODYBALANCE
 19:15-20:00 SPIN

Saturday

08:00-08:30 GRIT
 08:15-09:00 SPIN
 09:00-10:00 BODYCOMBAT
 09:15-10:00 SPIN
 10:15-11:15 BODYPUMP
 10:15-11:00 SPIN
 11:15-12:00 SPIN
 11:30-12:00 CXWORX
 12:15-13:00 SPIN
 12:30-13:30 BODYBALANCE
 13:15-14:00 SPIN
 14:00-15:00 BODYATTACK
 14:15-15:00 SPIN
 15:15-16:00 SPIN
 15:30-16:00 CXWORX
 16:15-17:00 SPIN
 16:45-17:45 BODYPUMP
 17:15-18:00 SPIN
 18:00-19:00 BODYBALANCE
 18:15-19:00 SPIN

Sunday

07:30-08:00 CXWORX
 07:30-08:30 BODYATTACK
 08:15-8:45 GRIT
 08:15-09:00 SPIN
 09:00-09:30 CXWORX
 09:15-10:00 SPIN
 10:15-11:00 SPIN
 10:30-11:00 GRIT
 10:30-11:30 BODYBALANCE
 11:15-12:00 SPIN
 12:00-13:00 BODYPUMP
 12:15-13:00 SPIN
 13:15-14:00 SPIN
 13:30-14:30 BODYATTACK
 14:15-15:00 SPIN
 15:00-16:00 BODYBALANCE
 15:15-16:00 SPIN
 16:15-17:00 SPIN
 16:30-17:00 GRIT
 17:15-18:00 SPIN
 17:30-18:30 BODYPUMP
 18:15-19:00 SPIN
 19:00-20:00 BODYBALANCE

Exercise and Reconnect with friends!

The Les Mills virtual classes will be held in the Main Group Exercise Studio and the Virtual Spin will be held in the Spin studio.

Bookings can be made up to 7 days in advance on your MemberZone account or by contacting the club.

Call us on 01256 330360 or email leisure@thehampshirecourthotel.co.uk to answer