

*Timetable for Oct '25, Subject to change/holidays

STUDIO 1 and **POOL** TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<u>Les Mills Body Balance</u> 6:40am – 7:25am Jackie		<u>Les Mills Body Pump</u> 6:40am – 7:25am Jo		<u>Les Mills Body Balance</u> 8:05am – 9:05am Jo	<u>Les Mills Body Pump</u> 10:00am – 11:00am Gemma
		<u>Prehab Pilates</u> 7:30am – 8:00am Jackie		<u>Les Mills Body Balance</u> 7:30am – 8:30am Jo		<u>Les Mills Body Pump</u> 9:10am – 9:55am Jo	
					<u>Les Mills Body Balance</u> 8:00am – 9:00am Sara	<u>Les Mills Body Combat</u> 10:00am – 11:00am Sara	
	<u>Pilates</u> 9:10am – 9:55am Jackie	<u>Les Mills Body Pump</u> 9:10am – 9:55am Kristy	<u>Legs/Bums/Tums</u> 9:10 am – 9:55am Adele	<u>***Aqua***</u> 9:15am – 10:00am Sara	<u>Pilates</u> 9:05am – 9:50am Sara	<u>Pilates</u> 11:15am – 12:15pm Gill	
	<u>***Aqua Zumba***</u> 9:15am – 10:00am Lisa	<u>***Aqua Zumba***</u> 9:15am – 10:00am Lisa	<u>Les Mills Body Combat</u> 10:00am – 10:45am Sara	<u>Les Mills Body Pump</u> 10:10am – 10:55am Gemma	<u>Cardio Core</u> 9:55am – 10:40 Sara	<u>Hatha Yoga</u> 12:30pm – 1:15pm Gill	
	<u>Legs/Bums/Tums</u> 10:00am – 10:45am Jackie	<u>Body Conditioning</u> 10:00am – 10:45am Kristy	<u>Les Mills Body Balance</u> 10:50am – 11:35am Sara	<u>Legs/Bums/Tums</u> 11:10am – 11:55am Gemma	<u>Callanetics & Stretch</u> 10:50am – 11:35am Aimee		
	<u>Beginners Pilates</u> 10:50am – 11:35am Jackie	<u>Pilates</u> 10:50am – 11:35am Kristy	<u>Line Dancing</u> 11:40am – 1:10pm Calvin	<u>Zumba Gold</u> 12:15- 1:00pm Aimee	<u>Zumba Gold</u> 11:40am – 12:25pm Aimee		
	<u>Zumba</u> 11:40am – 12:25pm Aimee	<u>Zumba Gold</u> 11:40am – 12:25pm Aimee		<u>Circl Mobility</u> 1:10- 1:55pm Aimee	<u>Chair Fit</u> 12:30pm – 1:15pm Aimee		
	<u>Circl Mobility</u> 12:30pm – 1:00pm Aimee	<u>Chair Zumba</u> 12:30pm – 1:15pm Aimee		<u>Hatha Flow Yoga</u> 2:05pm – 2:50pm Fleur	<u>Pilates</u> 1:30pm – 2:30pm Katie		
	<u>Classical Hatha Yoga</u> 1:15pm – 2:15pm Fleur	<u>Dru Yoga</u> 2:00pm – 3:15pm Carole		<u>Yin Yoga</u> 3:00pm – 3:45pm Fleur	<u>Ashtanga Vinyasa Yoga</u> 2:45pm – 3:45pm Ellen		
	<u>Pranayama & Meditation</u> 2:25pm – 3:10pm Fleur		<u>Mixed Yoga</u> 3:00pm – 4:00pm Vienna		<u>Yin Yoga</u> 4:00pm – 5:00pm Ellen		
	<u>Hatha Flow Yoga</u> 3:20pm – 4:05pm Fleur						
	<u>Yin Yoga</u> 4:15pm – 5:00pm Fleur	<u>Hatha Yoga</u> 5:15pm – 6:00pm Gill	<u>Les Mills Body Combat</u> 5:15pm – 6:00pm Sara	<u>Legs/Bums/Tums</u> 5:45pm – 6:30pm Adele	<u>Les Mills Body Pump</u> 6pm – 6:45pm Gemma		
	<u>Pilates</u> 5:15pm – 6:00pm Jackie	<u>Les Mills Body Combat</u> 6:10pm – 6:55pm Sara	<u>Les Mills Body Pump</u> 6:10pm – 6:55pm Sara	<u>Zumba</u> 6:35pm – 7:20pm Aimee	<u>Pilates</u> 7:00pm – 8:00pm Katie		
	<u>Les Mills Body Pump</u> 6:55pm – 7:40pm Gemma	<u>Les Mills Body Pump</u> 7:00pm – 7:45pm Sara	<u>Pilates</u> 7:00pm – 7:45pm Sara	<u>***Aqua***</u> 6:45pm – 7:30pm Adele			
	<u>Band Blitz</u> 7:50pm – 8:35pm Adele	<u>Les Mills Body Balance</u> 7:50pm – 8:35pm Sara		<u>Boxercise</u> 7:30pm – 8:15pm Aimee			



Most classes have a zoom option available
 Email: Studio@riverhills.co.uk
 Studio 1 Zoom
 ID – 766 363 3849
 Password: Riverhills

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM - 10AM	<u>Spin</u> 6:40am – 7:25am DAN <u>Virtual RPM 30</u> 8:00am – 8:30am <u>Virtual Sprint</u> 9:00am – 9:30am <u>Virtual RPM Base</u> 10:00am – 10:35am	<u>Virtual RPM 50</u> 6:40am – 7:30am <u>Spin</u> 9:10am – 9:55am Gemma <u>Virtual Sprint</u> 10:00am – 10:30am	<u>Virtual RPM 50</u> 6:40am – 7:30am <u>Virtual Sprint</u> 8:00am – 8:30am <u>Virtual Sprint</u> 9:00am – 9:30am <u>Virtual RPM 50</u> 10:00am – 10:50am	<u>Spin</u> 6:40am – 7:25am CAM <u>Spin</u> 9:10am – 9:55am GEMMA	<u>Spin</u> 6:40am – 7:25am SARA <u>Virtual RPM 50</u> 8:00am – 8:50am <u>Virtual The Trip</u> 10:00am – 10:45am	<u>Sensory Spin</u> 7:30am – 8:00am JO <u>Spin</u> 9:10am – 9:55am SARA	<u>Spin</u> 8:00am – 8:45am GEMMA <u>Spin</u> 9:00am – 9:45am GEMMA
11AM - 4PM	<u>Virtual RPM 50</u> 11:00am – 11:50am <u>Virtual Sprint</u> 1:00pm – 1:30pm <u>Virtual RPM 50</u> 2:00pm – 2:50pm <u>Virtual RPM 30</u> 3:30pm – 4:00pm	<u>Virtual The Trip</u> 11:00am – 11:45am <u>Virtual RPM 30</u> 12:00pm – 12:30pm <u>Virtual RPM 30</u> 1:00pm – 1:30pm <u>Virtual RPM 50</u> 2:00pm – 2:50pm <u>Virtual Sprint</u> 3:30pm – 4:00pm	<u>Sensory Spin: Virtual RPM 50</u> 11:00am – 11:50am <u>Spin</u> 1:30pm – 2:15pm NIAL <u>Virtual RPM 30</u> 3:30pm – 4:00pm	<u>Virtual The Trip</u> 11:00am – 11:45am <u>Virtual Sprint</u> 12:00pm – 12:30pm <u>Sensory Spin: Virtual RPM 50</u> 1:00pm – 1:50pm <u>Virtual RPM 30</u> 2:00pm – 2:30pm <u>Virtual The Trip</u> 4:00pm – 4:45pm	<u>Virtual RPM 30</u> 11:00am – 11:30am <u>Virtual Sprint</u> 12:00pm – 12:30pm <u>Virtual The Trip</u> 1:00pm – 1:45pm <u>Virtual RPM 30</u> 2:00pm – 2:30pm <u>Virtual Sprint</u> 3:00pm – 3:30pm <u>Virtual Sprint</u> 4:00pm – 4:30pm	<u>Virtual The Trip</u> 11:00am – 11:45am <u>Virtual RPM 30</u> 12:00pm – 12:30pm <u>Virtual RPM 30</u> 1:00pm – 1:30pm <u>Virtual Sprint</u> 2:00pm – 2:30pm <u>Virtual RPM 30</u> 3:00pm – 3:30pm <u>Virtual RPM 50</u> 4:00pm – 4:50pm	<u>Sensory Spin: Virtual RPM 50</u> 11:00am – 11:50am <u>Virtual Sprint</u> 1:00pm – 1:30pm <u>Virtual RPM 50</u> 2:00pm – 2:50pm <u>Virtual RPM 30</u> 4:00pm – 4:30pm
5PM - 8PM	 <u>Spin</u> 6:00pm – 6:45pm GEMMA <u>Virtual RPM 50</u> 8:00pm – 8:50pm	<u>Spin</u> 5:15pm – 6pm GEMMA <u>Virtual RPM 30</u> 7:00pm – 7:30pm <u>Virtual Sprint</u> 8:00pm – 8:30pm	<u>Virtual Sprint</u> 5:00pm – 5:30pm <u>Virtual RPM 50</u> 6:00pm – 6:50pm <u>Virtual The Trip</u> 8:00pm – 8:45pm	 <u>Virtual RPM 50</u> 6:00pm – 6:50pm <u>Virtual Sprint</u> 8:00pm – 8:30pm	<u>Virtual RPM 50</u> 5:00pm – 5:50pm <u>Spin</u> 7:00pm - 7:45pm GEMMA	 <u>Virtual The Trip</u> 6:00pm – 6:45pm	<u>Virtual Sprint</u> 5:00pm – 5:30pm <u>Virtual RPM 50</u> 6:00pm – 6:50pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6AM - 10AM	Surge (30) 8:35am – 9:05am	Surge (30) 6:40am – 7:10am Surge (30) NEW 9:30pm – 10:00pm	Torrent (45) 6:40am – 7:25am	Surge (30) 6:40am – 7:10am Torrent (45) NEW 9:35pm – 10:20pm	Surge (30) NEW 8:35am – 9:05am		
10AM - 5PM	Torrent (45) Adele 10:10am – 10:55am Torrent (45) Adele 11:05am – 11:50am		Torrent (45) 11:05am – 11:50am		Surge (30) 11:05am – 11:35am	Torrent (45) 10:15am – 11:00am Surge (30) 11:30am – 12:00am	Torrent (45) 10:15am – 11:00am Surge (30) 11:30am – 12:00am
5PM - 9PM	Surge (30) 5:30pm – 6:00pm Torrent (45) NEW 6:30pm – 7:15pm	Torrent (45) 5:00pm – 5:45pm Surge (30) NEW 6:00pm – 6:30pm	Surge (30) 5:30pm – 6:00pm Torrent (45) NEW 6:30pm – 7:15pm	Surge (30) Adele 5:00pm – 5:30pm Torrent (45) NEW 7:15pm – 8:00pm	Torrent (45) 5:00pm – 5:45pm Surge (30) NEW 6:00pm – 6:30pm		

Surge: A 20-minute HIIT session within 30-minute window, once the exercise walkthrough, warm up and cool down are all factored in.

1 minute of work per zone, with a 15 second rest for 20 minutes straight!

Torrent: A 35-minute HIIT session within 45 minute window, once the exercise walkthrough, warm up and cool down are all factored in. **3 minutes of work per zone, with a 30 second rest for 35 minutes straight!**

Whilst the **Treadmills, Ski-Ergs** and **Assault Bikes** complete their 3-minute stint. The **Benches & SpeedFlex Blade** zones will complete **3 sets of 45 second work and 15 second rest for 3 minutes.**