YOGA FOR ALL
A breath-centered yoga class suitable for all levels encouraging self-aware - ness and exploration through a range of postures, simple pranayama (breath work) and relaxation techniques with some relevant philosophy woven in to give a focus for our practice. Suitable for all abilities.

YOGA FLOW
A dynamic class designed to increase focus and enhance relaxation by holding focus on the breath.
Suitable for all abilities.

DYNAMIC YOGA FLOW
This class focuses on waking up the whole body from head to toe. With hamstring combined core warm ups, through to yoga salutations, standing poses for strength and opening the hips through twists, to kick start your morning. Suitable for all abilities.

YIN YOGA
Yin is a slow pace style of yoga in which we remain still during postures, for a longer length of time than yang practices. Yin targets the deeper layers of connective tissue and fascia, ncreasing circulation, iimproving lexibility and encouraging fintrospection and self-care.Yin is a practice of stillness and patience, an opportunity to observe, nurture and cultivate balance in our minds and bodies.
Please bring a blanket or towel if you wish to use the bolster cushions.

GENTLE YOGALATES
A mat based class with some props use. Gentle strengthening of the back and core, finishing with relaxation. Good for people looking for a gentle overall bodywork with no pressure on joints or those working with or recovering from injuries

YOGALATES BALANCE
A balance of Yoga and Pilates to increase your flexibility, strength, core, and balance, delivered through smooth sequences and controlled breathing. Options will be given so you can work to your preferred intensity. This class is designed to leave you stretched, strong and centered.

PILATES
Developed by Joseph Pilates.
Interconnected movements with a breathing pattern, integrating mind & body, enhancing energy and relaxation by working through all movement planest.

FITNESS PILATES
Attacks the routes of bad posture by toning little used muscle groups in the abdomen,torso, upper & lower back,while incorporating a slow breathing technique to energise the body.

MY KIND OF YOGA
This class is a straightforward no fluff approach to yoga, it has a different theme each month and starts with a warm up, then some sun salutations, some standing strength poses and then a relaxation/ meditation to finish. Suitable for all levels.

QI GONG
As low impact, gentle exercise, incorporating slow, flowing movements, meditation and breathwork. Qi means energy and gong means to practice. The aim is to relax the body, calm the mind and restore energy. Good posture allows the energy to flow more freely, relaxed breathing calms the nervous system and guided intention focuses the mind. Practised standing or seated and is suitable for all levels.
NB. During the summer, weather permitting, this class will be on the terrace next to the Gazebo.

AQUA FIT
For all of you missing moving in the water Subtle strength exercises and social connection for our young at heart members.

SPIN
This class builds endurance, speed, and cardiovascular fitness. It is all about the feeling- no stats involved, this class is focused on enjoying movement & having fun.

ZUMBA
Dance based, fun class for everyone. Infectious music makes the time fly. Turns frowns upside down. This class is for everybody who wants a fun workout.

DISCO FIT FUSION
There is no such thing as a wrong move in this easy-to-follow fusion of old school aerobics and danced. BUST MOVES, CONDITION and STRETCH to a playlist of pop and rock classics in this fun, feel-good dance-based workout.

FREESTYLE DANCE FITNESS
Dance yourself fit, strut your stuff to a wide variety of banging tracks, and, if in doubt, style it out in this fierce, high energy, dance-based cardio workout, guaranteed to get your heart pumping and put a smile on your face!

FUNCTIONAL FITNESS
A class to challenge and improve all aspects of your fitness. Especially good for knees, ankles, hips and backs. Moderate intensity but can be altered to suit you.

TOTAL BODY WORKOUT
A fun low impact fitness class using different equipment. Suitable for all.

FULL FITNESS WORKOUT
This is a fun full workout for the whole body designed to challenge you and change your shape, it includes work with dumbells targeting specific areas such as abs and legs, this will improve your cardiovascular function, burn calories and build muscle tone.

SUPPLE STRENGTH
A fun workout to keep you strong & flexible.

ABS BLAST
A challenging Abs Blast to thoroughly work through all the different muscles in your core!

CIRCUITS
This is a series of different exercises done at timed intervals around the studio run by the Gym Team. It is a great workout for the whole body and suitable for all levels.

MOBILITY, TONE & STRETCH
This class has a focus on having fun whilst getting fit. Uplifting tunes to get you moving, working on joint mobility and range of motion. We do some work with dumbbells focussing on the main muscle groups and some standing abdominal work. You need to wear trainers for this class and it is suitable for all levels.
Please note that in the summer and fair weather this class will be held outside on court No 3 at the top of the stairs in between the two tennis bubbles.

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STUDIO & ONLINE CLASSES TIMETABLE FOR OCTOBER 2026

COMBE GROVE

LesMills DANCE

DANCE - INNOVATIVE DANCE WORKOUT
Les Mills Dance is a 45-minute high-energy workout that will challenge and move your members. Each class includes 10 stand-alone tracks, each introducing new choreography. The workout is anchored in 3 cardio peaks, a warmup and cool down. It incorporates innovative dance movements that work cohesively with music inspired by global dance genres.

LesMills BODYATTACK

BODY ATTACK - GET FIT, STAY FIT, GET FITTER
We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories and leaving you with a sense of achievement.

LesMills BODYBALANCE

BODY BALANCE - CALM AND CENTRED, LONG AND STRONG
Ideal for anyone and everyone, BODYBALANCE™ is the yoga-based class that will improve your mind, your body and your life. During BODYBALANCE™ an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

LesMills BODYPUMP

BODY PUMP - GET LEAN, TONE MUSCLES, GET FIT
Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

LesMills THRIVE

Les Mills Thrive is a low-impact workout designed to improve strength, flexibility, and balance, suitable for all fitness levels, particularly targeting those aged 55 and older. A 45-minute low-impact workout that focuses on building lower body and core strength, enhancing flexibility, and improving balance. It is designed to meet participants wherever they are on their fitness journey, making it accessible for individuals at various fitness levels, including those who may be returning to exercise or transitioning from traditional group workouts.

COMBE GROVE

STUDIO & ONLINE CLASS TIMETABLE

OCTOBER 2026

AEROBIC FITNESS & CALORIE BURNING | CONDITION & TONE MUSCLES | DANCE BASED CLASSES | RELAX STRENGTHEN & RE-ENERGISE

MONDAY

- ONLINE 09.15 -10.00 FITSTEPS Mirella
- STUDIO 08.45 -09.30 DISCO FIT FUSION Siobhain
- STUDIO 09.35-10.25 FREESTYLE DANCE FITNESS Siobhain
- STUDIO 10.30- 11.30 BODY BALANCE Jules
- STUDIO 11.45- 12.45 DYNAMIC YOGA Annie
- INDOOR POOL 11.45 -12.30 AQUA FIT Jules
- STUDIO 13.00- 13.45 MOBILITY RESET Annie
- STUDIO 14.30 - 15.30 YIN YOGA Jane
- STUDIO 16.30 -17.15 THRIVE Jules
- STUDIO 17.45 -18.45 BODY PUMP Barry
- STUDIO 18.55 -19.45 STEP Barry

TUESDAY

- STUDIO 07.30 -08.15 BODY PUMP Lauren
- ONLINE 07.45 - 08.30 FULL FITNESS WORKOUT Jules
- STUDIO 08.30 -09.30 BODY BALANCE Lauren
- STUDIO 09.45-10.30 FREESTYLE DANCE FITNESS Siobhain
- STUDIO 11.20 -12.05 ZUMBA/FITSTEPS Mirella
- STUDIO 12.30 -13.45 PILATES Level 2* Storme
- STUDIO 14.00 -15.00 WALKING CLUB Jules
- STUDIO 14.30 -15.15 THRIVE Louise
- STUDIO 17.00 -17.45 BODY PUMP Jules
- STUDIO 18.00 -18.55 BODY ATTACK Chris
- STUDIO 19.00 -19.55 BODY BALANCE Nikki

WEDNESDAY

- STUDIO & ONLINE 07.30 - 08.15 FUNCTIONAL FITNESS James
- STUDIO & ONLINE 08.30 - 09.15 BODY BALANCE Nikki
- STUDIO 09.30 - 10.15 MOBILITY, TONE & STRETCH Jules
- STUDIO 10.30 -11.30 BODY PUMP Jules
- INDOOR POOL 11.00 -12.00 AQUA FIT Nikki
- STUDIO 11.45 -12.45 GENTLE FLOW YOGA Mirella
- STUDIO 13.00 -14.00 YOGA FLOW Mirella
- STUDIO 14.45 -15.45 YIN YOGA Jane
- STUDIO 17.00 -18.00 FITNESS PILATES Brenda
- STUDIO 18.00 -18.45 LES MILLS DANCE Chris

THURSDAY

- STUDIO & ONLINE 08.30 - 09.15 SUPPLE STRENGTH Nikki
- STUDIO & ONLINE 09.20 -10.20 BODY BALANCE Nikki
- STUDIO/OUTSIDE 10.30 -11.15 ZUMBA Juliet
- STUDIO 12.15 - 13.15 PILATES Level 1 Storme
- STUDIO 13.30 - 14.30 PILATES 'Beginners welcome' Storme
- STUDIO 16.00 -16.45 THRIVE Louise
- STUDIO 18.00 -19.00 BODY PUMP Barry

FRIDAY

- ONLINE 08.00 - 08.45 FUNCTIONAL FITNESS James
- STUDIO 09.35 -10.35 DYNAMIC FLOW Annie
- STUDIO 10.45 -11.45 BODY PUMP Lauren
- INDOOR POOL 11.00 -12.00 AQUA FIT Nikki
- STUDIO 13.00 -14.00 GENTLE YOGALATES Annie
- ONLINE 16.30 -17.30 YIN YOGA Jane
- STUDIO 18.00 -18.45 HIIT & ABS BLAST Maika

SATURDAY

- STUDIO 09.00 -10.00 BODY ATTACK Charley
- STUDIO 10.15 -11.15 BODY PUMP HEAVY Charley
- STUDIO 11.30 -12.30 FITNESS PILATES Brenda
- STUDIO 17.00-18.00 BOXERCISE Barry

SUNDAY

- STUDIO 09.30 -10.30 CIRCUITS Gym Team
- STUDIO 10.45 -11.45 YOGALATES BALANCE Mirella

* Level 1 - Full spectrum Pilates class with a slower pace, suitable for all levels.

* Level 2 - Full spectrum Pilates class with a faster pace.

COMBE GROVE

SPIN STUDIO CLASS TIMETABLE

OCTOBER 2026

AEROBIC FITNESS & CALORIE BURNING

CONDITION & TONE MUSCLES

DANCE BASED CLASSES

MONDAY

STUDIO 17.00 -17.45
SPIN
Brian

STUDIO 18.00 -18.30
BEGINNERS SPIN
Louise

TUESDAY

STUDIO 07.45-08.30
SPIN
James

STUDIO 11.45 -12.15
SPIN
Louise

STUDIO 17.15 -18.00
SPIN
Brian

STUDIO 18.15 -19.00
SPIN
Brian

WEDNESDAY

STUDIO 08.20 - 09.05
SPIN
James

THURSDAY

STUDIO 07.45 - 8.30
SPIN
James

STUDIO 17.00 -17.45
SPIN
Brian

STUDIO 18.00 -18.45
SPIN
Brian

FRIDAY

STUDIO 08.45-09.30
SPIN
James

SATURDAY

STUDIO 08.15 - 09.00
SPIN
Brian

SUNDAY

STUDIO 08.30 - 09.15
SPIN
Nick

COMBE GROVE

OAK ROOM CLASS TIMETABLE

OCTOBER 2026

MONDAY

OAK ROOM 15.45 - 16.30
QI GONG
Emily

OAK ROOM 17.30 -18.30
MY KIND OF YOGA
Jules

TUESDAY

OAK ROOM 09.40 -11.10
YOGA FOR ALL
Angela

OAK ROOM 17.00 -18.00
YOGA FLOW
Mirella

OAK ROOM 18.10 -19.10
YOGA FLOW
Mirella

WEDNESDAY

OAK ROOM 18.00 - 19.00
HATHA YOGA
Jane

OAK ROOM 17.00 -17.45
QI GONG
Emily

THURSDAY

FRIDAY

OAK ROOM 18.00 - 19.30
YIN YOGA
Carrie

SATURDAY

OAK ROOM 16.45 -17.45
YOGA FLOW
Carrie

SUNDAY

OAK ROOM 17.00 -18.30
YOGA FLOW
Rotation Yoga Instructors

IN THE OAK ROOM

RELAX STRENGTHEN & RE-ENERGISE