



Fitness timetable

Monday

- 7.15am (45mins) Pilates Flow with Sian Marie
- 8.15am (45mins) Monday Morning Gentle Yoga Flow with Jess Wright (starting 6 April*)
- 9.15am (60 mins) Full Body Workout with Jess Wright/Rhys Smith
- 11.45am (60mins) Chair Yoga with Sian Marie
- 5.15pm (60mins) Twilight Vinyasa Yoga with Molly Cumming
- 6.30pm (60mins) Yin Yang Restore with Molly Cumming

Tuesday

- 8.15am (45mins) Sun Practise Vinyasa Yoga with Jess Wright/Sian Marie
- 9.15am (60mins) Advanced Tennis Coaching with Rob Cook M 🎾
- 9.15am (45mins) Sun Practise Vinyasa Yoga with Jess Wright/Molly Cumming
- 11.30am (60mins) Power Yoga with Sian Marie
- 3.00pm (60mins) Full-Body Workout with Megan Martin/Rhys Smith
- 5.15pm (45mins) Full-Body Workout with Jess Wright (starting 7 April*)
- 6.15pm (45mins) Twilight Vinyasa Yoga with Jessica Wright/Molly Cumming

Wednesday

- 8.00am (60mins) Pilates/Yoga Flow with Megan Martin/Sian Marie
- 9.15am (60mins) Pilates/Yoga Flow with Megan Martin/Sian Marie
- 9.15am (60mins) Intermediate Tennis Coaching 1 with Georgie Loosemore M 🎾
- 10.15am (60mins) Intermediate Tennis Coaching 2 with Georgie Loosemore M 🎾
- 10.30am (60mins) Strength and Mobility with Rhys Smith
- 11.15am (60mins) Beginners Tennis Coaching with Georgie Loosemore M 🎾
- 11.45am (60mins) Chair Yoga with Sian Marie
- 5.15pm (45mins) Line Dancing with Natasha Burgess
- 6.15pm (45mins) Pilates with Luke Doyle
- 7.00pm (45mins) Circuits with Luke Doyle

Thursday

- 8.45am (60mins) Full-Body Workout with Rhys Smith
- 11.15am (45mins) All-Style Dance Workout with Natasha Burgess
- 4.00pm (60mins) Strength Conditioning (over 55s) with Megan Martin/Rhys Smith
- 5.15pm (60mins) Circuits with Luke Doyle
- 6.30pm (60mins) Stretch and Release with Luke Doyle

Friday

- 8.00am (60mins) Feelgood Friday Flow Yoga with Lenka Koubek
- 9.15am (60mins) Feelgood Friday Flow Yoga with Lenka Koubek
- 10.30am (60mins) Pilates with Megan Martin/Liz Cobley
- 11.45am (60mins) Strength Conditioning (over 55s) with Megan Martin/Liz Cobley

Saturday

- 8.00am (45mins) Active Pilates (Advanced) with Helen Tudge/Lenka Koubek
- 9.00am (45mins) Pilates with Helen Tudge/Lenka Koubek
- 5.00pm (60mins) Moon Practice Hatha Yoga with Molly Cumming
- 6.15pm (60mins) Yin Yoga with Molly Cumming

Sunday

- 9.15am (45mins) Sunday Slow Flow Yoga with Molly Cumming
- 10.15am (60mins) Yin Yoga with Molly Cumming
- 11.30am (60mins) Breathwork with Georgie Morris

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KEY

Members-only class M

Class held on the tennis court 🎾

Class descriptions

CHAIR YOGA 🧘 Focuses on movement, meditation, breathwork and supporting the body while elongating muscles and easing tension. Ideal for those who aren't able to sit down easily or have mobility issues. Like traditional yoga, it promotes relaxation, reduces stress and improves mental clarity.

MOON PRACTICE HATHA YOGA 🧘 Leave worries and stresses behind using movement, breathwork and meditation. Reconnect with the body, calm the mind and feel more serene and stable.

ENERGISING WAKE-UP YOGA 🧘🏃 Energise, invigorate and prepare your body for the day ahead with this dynamic and fun vinyasa yoga class.

POWER YOGA 🧘🏃 High-energy, athletic flow designed to build muscle, increase endurance and elevate your heart rate while keeping you grounded in breath and intention. Expect dynamic sequences, a strong standing series, core-focused work and empowering transitions that challenge both body and mind. This class moves at a steady, purposeful pace, linking breath to movement to create a powerful, sweat-inducing experience.

SUN PRACTICE VINYASA YOGA 🧘🏃 An energising and uplifting morning yoga class. By focusing on linking movement with breath in a dynamic and fun style, it aims to clear your mind and prepare you for the day ahead.

TWILIGHT VINYASA YOGA 🧘 Designed to release tension, this class combines fluid movement, energising sequences and mindful breathing to help you transition from daytime mode to evening relaxation. Expect a challenging flow that will invigorate your body and clear your mind.

YIN YOGA 🧘 A slow, grounding yin yoga class. Expect long-held, deeply nourishing postures, gentle breath awareness and space to unwind tension from the body and mind. This practice invites you to slow down, release and reconnect, leaving you feeling calm, open, and restored.

YIN YANG RESTORE YOGA 🧘 A nurturing, transformative practice that blends gentle movement with deep stretching. A 60-minute harmonious journey from subtle flow to peaceful stillness, integrating breathwork and meditation. Perfect for those seeking balance and tranquillity at the end of a busy day.

MONDAY MORNING GENTLE FLOW YOGA 🧘 A gentle, relaxed flow to start your week. Move with your breath, wake up your body and begin Monday feeling calm and ready.

FEELGOOD FRIDAY FLOW YOGA 🧘 An uplifting vinyasa yoga class connecting you to your body and breath, while harnessing your inner energy, strength and wellbeing.

SUNDAY SLOW FLOW YOGA 🧘 Focused on continuous, mindful movement that links the breath to fluid transitions rather than long holds. Wake up the body, release stiffness, and build a calm, steady energy to carry you through your Sunday.

PILATES 🧘 Be kind to your body with this low-impact, physical conditioning and wellbeing class for all levels.

PILATES FLOW 🧘 A dynamic, low-impact class that seamlessly links breath and movement in a continuous, mindful sequence. Rooted in classical Pilates principles, this session focuses on core stability, alignment, balance and total-body strength.

ACTIVE PILATES (ADVANCED) 🧘 A strong core workout, embedded in essential Pilates exercises, this class increases strength of the upper and lower body and enhances deep core engagement. Also helps to develop lean muscle and bone tissue, to support the natural ageing process.

FULL-BODY WORKOUT 🏃 Total-body workout using a mixture of free weights and bodyweight exercises, developing muscular strength, endurance and cardiovascular fitness.

ALL -STYLE DANCE WORKOUT 🎶🕺 A multi-layered, multi-genre, music-driven dance fitness class. Consider it a cardio workout to some of your favourite tunes.

STRENGTH CONDITIONING (over 55s) 🏃 A class dedicated to those aged 55 or over, with a special emphasis on whole-body movement and strength exercises that imitate or replicate real-life movements. Includes posture correction, balance and stability.

BREATHWORK 🧘 Learn to actively connect with your breathing, calm your nervous system, improve your physical and mental health and create a deeper sense of wellbeing.

ADVANCED TENNIS COACHING 🎾🧠 A high-tempo session in which Rob refines technique and allows players to work on more advanced shots used in matchplay. Will improve players' singles and doubles tactics with regard to positioning and shot selections. Suitable for players training at least twice a week and involved in league matches. Maximum of six players per session and open to members only.

INTERMEDIATE TENNIS COACHING 🎾🧠 Suitable for players who have progressed from beginners' sessions or are coming back to the sport after time out. Led by coach Georgie, players will improve basic techniques and consistency. Emphasis will be placed on singles and doubles matchplay situations and tactical knowledge. Maximum of eight players.

BEGINNERS' TENNIS COACHING 🎾🧠 The perfect introduction to tennis, allowing you to learn basic techniques and game play in a fun and social environment. Coach Georgie will help you gain confidence and skills through tennis drills designed to enable you to enjoy the game and play socially. Maximum of six players.

CIRCUITS 🏃🎯 A full-body workout for all abilities. Expect a mixture of equipment, fun games and different structures to keep sessions fresh and exciting.

STRETCH & RELEASE 🏃🧘 A flexibility class with the intention to help you release tight muscles, improve mobility and get more supple.

STRENGTH & MOBILITY 🏃🧘 Build strength, improve endurance, and boost overall fitness in this dynamic strength and conditioning class. Expect a mix of weights, bodyweight exercises and high-intensity intervals designed to develop power, stability and cardiovascular fitness in a supportive group environment. Suitable for all levels, with modifications provided.

LINE DANCING 🎶🕺 Get moving and have fun in this energetic line dancing class. Learn easy-to-follow choreographed routines set to great music while improving coordination, balance, and fitness. No partner needed – just bring your energy and enjoy dancing as a group. Suitable for all levels.

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KEY

🏃 Cardio

Aerobic exercise to increase your heart rate to burn fat, improve cardiovascular health and all-round fitness.

🏃 Strength & tone

Increase muscle mass to burn fat and create a leaner physique, plus improve balance, build stronger bones and joint flexibility.

🎶 Fitness for fun

Let go, smile, laugh and be silly with like-minded people while increasing your heart rate. A great practice to de-stress and improve mood.

🧠 Skills

Enhance mental cognition alongside fitness as you learn something new or hone your skills.

🧘 Mind, body and soul. Nurture your entire being by relaxing, stretching and restoring.