



Fitness & Wellbeing Timetable

Monday

8.15am (45mins) Monday Morning Gentle Flow Yoga	Jess Wright
9.15am (60 mins) Full-Body Workout	Jess Wright
10.30am (45mins) Dynamic Vinyasa Flow	Sian Marie
11.45am (60mins) Chair Yoga	Sian Marie
5.15pm (60mins) Twilight Vinyasa Yoga	Molly Cumming
6.30pm (60mins) Yin Yang Restore Yoga	Molly Cumming

Tuesday

8.15am (45mins) Sun Practice Vinyasa Yoga	Jess Wright
9.15am (60mins) Advanced Tennis Coaching M 🔗	Rob Cook
9.15am (45mins) Sun Practice Vinyasa Yoga	Jess Wright
1pm (45mins) Pilates - Chair & Standing	Helen Tudge
3pm (60mins) Original Strength & Primal Movement	Craig Orsbon
5.15pm (45mins) Full-Body Workout	Jess Wright
6.15pm (45mins) Twilight Vinyasa Yoga	Jess Wright

Wednesday

8am (60mins) Dynamic Vinyasa Flow	Sian Marie
9.15am (60mins) Dynamic Vinyasa Flow	Sian Marie
9.15am (60mins) Int. Tennis Coaching 1 M 🔗	Georgie Loosemore
10.15am (60mins) Int. Tennis Coaching 2 M 🔗	Georgie Loosemore
11.15am (60mins) Beginner Tennis Coaching M 🔗	Georgie Loosemore
4.15pm (45mins) All-Style Dance Workout	Natasha Burgess
5.15pm (45mins) Line Dancing	Natasha Burgess
6.15pm (45mins) Pilates	Luke Doyle
7pm (45mins) Circuits	Luke Doyle

Thursday

7.30am (60mins) Strength & Mobility	Rhys Smith
8.45am (60mins) Full-Body Workout	Rhys Smith
10.30am (60mins) Chakra Dancing	Liz Duerden
12pm (60mins) Pilates	Liz Duerden
1.30pm (60mins) Breathwork	Georgie Morris
4pm (60mins) Strength Conditioning (over 55s)	Liz Duerden
5.15pm (60mins) Circuits	Luke Doyle
6.30pm (60mins) Calisthenics, Stretch & Release	Luke Doyle

Friday

8am (45mins) Power Yoga/Weights	Sian Marie
9am (60mins) Power Yoga	Sian Marie
10.30am (60mins) Pilates	Liz Duerden
11.45am (60mins) Strength Conditioning (over 55s)	Liz Duerden
6.30pm (60mins) Daoist Flow Yoga	Sophie Skinner

Saturday

9am (60mins) Flow & Glow Dynamic Yoga	Sophie Skinner
11am (60mins) Movement Exploration: Strength, Mobility & Flexibility	Sophie Skinner
5pm (60mins) Dynamic Prana Flow	Molly Cumming
6.15pm (60mins) Yin Yoga	Molly Cumming

Sunday

9.15am (45mins) Sunday Slow Flow Yoga	Molly Cumming
10.30am (60mins) Yin Yoga	Molly Cumming
2pm (60mins) Qigong	Sophie Skinner
6pm (90mins) Daoist Flow Into Sound	Sophie Skinner

Members-only class

Class held on the tennis court

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Class descriptions

CHAIR YOGA 🧘 Focuses on movement, meditation and breathwork as well as supporting the body while elongating muscles and easing tension. It promotes relaxation, reduces stress and improves mental clarity.

DAOIST FLOW YOGA 🧘🌀☺ A nourishing flow Inspired by Daoist principles of Wu Wei (effortless ease), this movement practice explores strength, mobility, flexibility, balance, and joyful discovery through the play of movement. With curiosity, fluidity, and meditative awareness, we'll move in harmony with the body's natural rhythm. Discover how strength gives rise to softness, while cultivating presence, ease, and inner harmony.

DAOIST FLOW INTO SOUND 🧘 Begin with a gentle Daoist-inspired movement practice, blending flowing yoga, somatics, breathwork, mobility, and meditation to release tension, awaken the body and quiet the mind. The journey then unfolds into an immersive soundscape of singing bowls, gong, and other resonant instruments, inviting deep rest, inner exploration and a sense of connection to the rhythms of nature and the cosmos. Leave feeling grounded, restored and deeply nourished in body, mind, and spirit.

MOVEMENT EXPLORATION 🧘🌀☺ A playful and curious practice exploring strength, mobility and flexibility through creative movement patterns. Develop embodied awareness, improve movement quality and discover new ways to move with greater freedom, confidence, and ease.

QIGONG 🧘☺ A gentle yet powerful practice combining mindful movement, breath and awareness to cultivate energy, balance and wellbeing. Enjoy slow, flowing and playful sequences inspired by nature and our connection to all life and the cosmos. This practice supports mobility, eases stress and nurtures calm vitality, inner harmony, and embodied presence.

POWER YOGA 🧘🌀 A high-energy, athletic flow designed to build strength, increase endurance and elevate your heart rate while keeping you grounded in breath and intention. Some sessions will incorporate light dumbbells to add an extra layer of challenge, helping to build muscular strength, stability, endurance and resilience. Expect dynamic sequences, a strong standing series, core-focused work and empowering transitions that challenge both body and mind. Moving at a steady, purposeful pace, we'll link breath with movement to create a powerful, energising, sweat-inducing practice that leaves you feeling strong, centred and empowered.

DYNAMIC VINYASA FLOW 🧘🌀 Designed to build strength, improve mobility, balance and elevate your fitness through breath-led movement. Expect energising sequences, flowing transitions, core activation and a strong focus on endurance and flexibility. The aim is for you to leave the session feeling powerful, grounded, refreshed and ready for the day ahead.

SUN PRACTICE VINYASA YOGA 🧘🌀 An energising morning practice designed to open the body and prepare you for the day ahead. Starting with a quick warm up and sun salutations to awaken and energise the body, we then move through a vinyasa-style sequence with varying themes from week to week. There is always time at the end to slow down and relax. Suitable for all.

TWILIGHT VINYASA YOGA 🧘 An evening vinyasa class designed to wash away the stresses of the day. Moving through a variety of different flows from week to week, this class helps you connect with different parts of the body while staying connected to your breath. Expect a vinyasa-style sequence, breath-led exercises and time to settle and relax at the end. Suitable for all.

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.

DYNAMIC PRANA FLOW 🧘🌀 An energising vinyasa flow, where breath becomes the rhythm of every movement. Expect creative sequences that build heat, strength and mobility while awakening your prana (life force energy), leaving you feeling balanced, invigorated and deeply connected.

FLOW AND GLOW DYNAMIC YOGA 🧘🌀☺ Energise, invigorate and prepare your body for the day ahead with this dynamic and fun vinyasa yoga class designed to build strength, improve flexibility and leave you feeling refreshed, revitalised and glowing from the inside out.

MONDAY MORNING GENTLE FLOW YOGA 🧘 Start your week with focus by taking time to connect with your body and breath, clear your mind and create space for yourself. We begin with a gentle warm up, followed by a slow vinyasa-style sequence and finish with time to slow down and relax. Suitable for all abilities.

SUNDAY SLOW FLOW YOGA 🧘 Focuses 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 conditioning and wellbeing class suitable for all levels. Pilates focuses on building core strength, improving posture, enhancing balance and developing greater body awareness. Through controlled, mindful movement, you'll strengthen and tone your muscles, improve flexibility and mobility, and support healthy movement patterns for everyday life. Classes may incorporate small equipment such as free weights to add variety and challenge. Leave feeling stronger, more balanced and energised in both body and mind.

PILATES - CHAIR & STANDING 🧘 A gentle and effective Pilates class combining chair-based and standing exercises to improve strength, balance, posture and mobility. Led by Chartered Physiotherapist Helen, this class is designed to support healthy movement, build confidence and help you stay active in everyday life. Suitable for all abilities.

ORIGINAL STRENGTH & PRIMAL MOVEMENT 🧘🌀 A playful and grounding movement practice exploring our body's natural patterns through Original Strength, developmental movement, primal flow and mobility. Combining breathwork, strength, coordination and mindful movement, this session helps reconnect us with the foundations of human movement, supporting mobility, resilience, balance and nervous system regulation. A welcoming practice for all abilities, inviting curiosity, exploration and a return to the way our bodies were designed to move.

FULL-BODY WORKOUT 🌀 A total body workout using bodyweight and free weights, with functional training designed to improve overall strength and cardiovascular fitness. Using a mixture of kettlebells, dumbbells, and bodyweight exercises, this mat-based session is suitable for beginners as well as those who train regularly.

ALL -STYLE DANCE WORKOUT ☺☺🕺 A multi-layered, multi-genre and 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 players can refine their technique and 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 eight players per session and open to members only.

INTERMEDIATE TENNIS COACHING ☺🕹 Suitable for players who have progressed from beginner sessions or are coming back to the sport after time out. Players will improve basic techniques and consistency. Emphasis will be placed on singles and doubles matchplay situations and tactical knowledge. Maximum of eight players.

BEGINNER TENNIS COACHING ☺🕹 The perfect introduction to tennis, allowing you to learn basic techniques and game play in a fun and social environment. You will gain confidence and skills through tennis drills designed to enable you to enjoy the game and play socially. Maximum of eight 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.

CALISTHENICS, STRETCH & RELEASE ☺🌀 A movement practice combining beginner-friendly calisthenics with deep stretching to build strength, improve mobility, increase flexibility and release tension. Develop greater body control, joint health and ease of movement while becoming stronger, more supple and resilient. Suitable for all levels, with options to adapt the practice to your body.

STRENGTH & MOBILITY ☺🌀 Build strength, improve endurance and boost overall fitness in this dynamic body 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.

CHAKRA DANCING 🧘☺ Chakra dancing is a beautiful heart-centred workout for the mind, body and soul. This session is for everyone who loves moving the body to great music and encourages them to have fun and freely express their creativity. Music and movement have played an integral part in the human psyche. Chakra dancing brings us home to our roots, honouring ourselves in self-expression, self-awareness, self-empowerment, freedom, liberation and happiness.

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.

☺ Cardio

Aerobic exercise to increase your heart rate, burn fat and 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.

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