



Fitness & Wellbeing Timetable

Monday

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

Tuesday

8.15am (45 mins) Sun Practice Vinyasa Yoga	Jess Wright
9.15am (60 mins) Advanced Tennis Coaching M	Rob Cook
9.15am (45 mins) Sun Practice Vinyasa Yoga	Jess Wright
10.30am (60 mins) Functional Strength & Mobility	Craig Orsbon
11.45am (60 mins) Hatha Yoga	Craig Orsbon
1.30pm (60 mins) Qigong	Sophie Skinner
5.15pm (45 mins) Full-Body Workout	Jess Wright
6.15pm (45 mins) Twilight Vinyasa Yoga	Jess Wright

Wednesday

8am (60 mins) Dynamic Vinyasa Flow	Sian Marie
9.15am (60 mins) Dynamic Vinyasa Flow	Sian Marie
9.15am (60 mins) Int. Tennis Coaching 1 M	Georgie Loosemore
10.15am (60 mins) Int. Tennis Coaching 2 M	Georgie Loosemore
11.15am (60 mins) Beginner Tennis Coaching M	Georgie Loosemore
1pm (45 mins) Pilates – Chair & Standing	Helen Tudge
5.15pm (45 mins) Line Dancing	Natasha Burgess
6.15pm (45 mins) Pilates	Luke Doyle
7pm (45 mins) Circuits	Luke Doyle

Thursday

7.30am (60 mins) Functional Strength & Mobility	Rhys Smith
8.45am (60 mins) Full-Body Workout	Rhys Smith
10.30am (60 mins) Pilates	Liz Duerden
12pm (45mins) Aqua Pilates	Liz Duerden
1.30pm (60 mins) Breathwork	Georgie Morris
5.15pm (60 mins) Circuits	Luke Doyle
6.20pm (30 mins) Calisthenics	Luke Doyle
7pm (30 mins) Stretch & Release	Luke Doyle

Friday

8am (45 mins) Power Yoga with Weights	Sian Marie
9am (60 mins) Power Yoga	Sian Marie
10.30am (60 mins) Pilates	Liz Duerden
12pm (45 mins) Aqua Pilates	Liz Duerden
5.15pm (60 mins) Joy of Moving	Sophie Skinner
6.30pm (60 mins) Daoist Flow Yoga	Sophie Skinner

Saturday

9am (60 mins) Flow & Glow Dynamic Yoga	Sophie Skinner
10.15am (60 mins) Strong & Bendy	Sophie Skinner
5pm (60 mins) Dynamic Prana Flow	Molly Cumming
6.15pm (60 mins) Yin Yoga	Molly Cumming

Sunday

9.15am (45 mins) Sunday Slow Flow Yoga	Molly Cumming
10.15am (60 mins) Yin Yoga	Molly Cumming
6pm (90 mins) Daoist Flow into Sound	Sophie Skinner

KEY Members-only class **M** Class held on the tennis court

NOTE Classes are subject to instructor availability. Check with **Reception** or **Trybe** for the latest timetable updates.

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Yoga

GENTLE & RESTORATIVE

QIGONG 🧘🌞 A gentle yet powerful practice that combines 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.

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.

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 warmup, 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.

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.

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.

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.

🏃 **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 & soul** – Nurture your entire being by relaxing, stretching and restoring.

FLOW & ENERGISE

HATHA YOGA 🧘 Explore traditional yoga postures through a steady, considered approach, creating space to build strength, mobility, balance and inner calm. Expect a blend of physical practice, conscious breathing and moments of stillness, with options offered to meet different bodies and levels of experience.

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.

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, corefocused 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.

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 & 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.

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Pilates

LOW-IMPACT MOVEMENT

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.

AQUA PILATES 🧘🏻😊 A gentle yet effective Pilates class performed in the supportive environment of the pool, using the natural resistance and buoyancy of the water to improve strength, balance, posture, mobility and core stability. This low-impact class is kind on the joints while helping to build confidence, enhance functional movement and support overall wellbeing. Suitable for all abilities.



Movement & dance

SOCIAL & EXPRESSIVE CLASSES

JOY OF MOVING 😊 A joyful, fluid practice blending dynamic yoga, mobility, somatic exploration and dance-inspired movement. Expect dynamic flows, playful transitions, spiralling movement and moments of intuitive exploration, with space to move freely and follow what feels good. A session in honour of the joy of moving.

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 is needed – just bring your energy and enjoy dancing as a group. Suitable for all levels.



Strength, fitness & conditioning

WORKOUT-LED CLASSES

FUNCTIONAL STRENGTH & MOBILITY 💪😊 Combine purposeful strength work with mobility, balance and functional movement patterns. Expect a varied, accessible session designed to support everyday movement, improve joint mobility and build resilient, capable strength.

CALISTHENICS 🕺💪 Build functional strength, body control and stability using your own bodyweight. Expect a focused and progressive session that develops strength, coordination and confidence through accessible movement patterns and exercises.

STRONG & BENDY 😊💪 An energising and dynamic movement class designed to build strength, mobility and flexibility. Move through flowing sequences that build heat and challenge the whole body, combining strong standing postures, core work, balance, mobility and deeper stretches. Light weights may be incorporated to add an extra dimension of strength and stability, alongside short cardio and HIIT bursts to raise the heart rate and energise the body.

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.

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

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



Tennis coaching

SOCIAL & EXPRESSIVE CLASSES

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 who train at least twice a week and are involved in league matches. Maximum of six players. 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 gameplay 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.

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- 🧠 **Skills** – Enhance mental cognition alongside fitness as you learn something new or hone your skills.
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