

COLOUR GUIDE

VIRTUAL CLASSES

STUDIO CLASSES

SPIN STUDIO

POOL CLASSES

OUTDOORS

MONDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0645-0745	BodyBalance	Virtual	Studio
0645-0715	Sprint	Dave	Spin Studio
0815-0845	CXWorx	Virtual	Studio
0915-1015	BodyCombat	Annette	Studio
0930-1030	AquaFit	Sophie	Pool
1015-1115	Yoga	Steph	Studio
1145-1230	Sh'Bam	Virtual	Studio
1300-1330	Circuits	Jordan	Studio
1430-1530	BodyBalance	Virtual	Studio
1725-1755	GRIT (Cardio)	Karl	Studio
1800-1850	RPM	Dave	Spin Studio
1800-1845	BodyStep Athletic	Karl	Studio
1850-1935	BodyPump	Mike	Studio
1945-2045	Yoga	Steph	Studio

TUESDAY

0645-0715	CXWorx	Serena	Studio
0645-0730	Bootcamp	Sean	Outdoors (Various Locations)
0730-0800	BodyCombat	Virtual	Studio
0815-0845	BodyPump	Virtual	Studio
0915-1005	RPM	Dave	Spin Studio
0915-1000	BodyVive 3.1	Zoe	Studio
1030-1115	Sh'Bam	Virtual	Studio
1130-1200	CXWorx	Virtual	Studio
1300-1330	BodyAttack	Zoe	Studio
1430-1515	Sh'Bam	Virtual	Studio
1530-1630	BodyCombat	Virtual	Studio
1700-1745	BodyPump	Serena	Studio
1755-1840	BodyAttack	Nick	Studio
1800-1900	Spin	Dave	Spin Studio
1850-1920	BodyCombat	Annette	Studio

WEDNESDAY

0645-0735	RPM	Serena	Spin Studio
0645-0715	BodyAttack	Zoe	Studio
0730-0800	BodyBalance	Virtual	Studio
0815-0845	BodyCombat	Virtual	Studio
0915-0945	BodyAttack	Dave	Studio
0930-1030	AquaFit	Sophie	Pool
0950-1020	CXWorx	Dave	Studio
1045-1130	Sh'bam	Virtual	Studio
1145-1245	BodyPump	Virtual	Studio
1300-1330	Sprint	Dave	Spin Studio
1430-1515	Sh'bam	Virtual	Studio
1715-1745	GRIT (Plyo)	Karl	Studio
1755-1840	BodyPump	Dave	Studio
1900-1930	Sprint	Dave	Spin Studio
1850-1935	BodyVive 3.1	Steph	Studio
1940-2040	Yoga	Steph	Studio

THURSDAY

0645-0730	Sunrise Yoga	Steph	Studio
0645-0730	Bootcamp	Luc	Outdoors (Various Locations)
0815-0845	Sh'bam	Virtual	Studio
0915-1015	BodyPump	Serena	Studio
1030-1130	BodyBalance	Serena	Studio
1145-1215	CXWorx	Virtual	Studio
1300-1330	Circuits	Jordan	Studio
1345-1445	BodyCombat	Virtual	Studio
1500-1600	BodyPump	Virtual	Studio
1615-1645	BodyBalance	Virtual	Studio
1700-1745	BodyStep	Liz	Studio
1750-1820	CXWorx	Mike	Studio
1825-1910	BodyAttack	Zoe	Studio
1920-2005	BodyPump	Nick	Studio

FRIDAY

0645-0735	RPM	Serena	Spin Studio
0645-0715	BodyPump	Mike	Studio
0815-0845	BodyCombat	Virtual	Studio
0915-1005	RPM	Dave	Spin Studio
0915-1015	BodyBalance	Annette	Studio
1145-1245	BodyPump	Virtual	Studio
1300-1330	CXWorx	Virtual	Studio
1345-1445	BodyBalance	Virtual	Studio
1500-1545	Sh'Bam	Virtual	Studio
1600-1700	BodyCombat	Virtual	Studio
1730-1800	Sprint	Glen	Spin Studio
1800-1845	Sh'Bam	Virtual	Studio
1900-1930	BodyBalance	Virtual	Studio

SATURDAY

TIME	CLASS	INSTRUCTOR	LOCATION
0815-0915	BodyAttack	Zoe	Studio
0815-0905	RPM	Dave	Spin Studio
0900-1000	AquaFit	Sophie	Pool
0930-1030	BodyPump	Dave	Studio
1045-1145	BodyBalance	Steph	Studio
1330-1400	CXWorx	Virtual	Studio
1415-1500	Sh'Bam	Virtual	Studio
1515-1615	BodyCombat	Virtual	Studio
1630-1730	BodyPump	Virtual	Studio

SUNDAY

0855-0940	BodyAttack	Karl	Studio
0950-1050	BodyPump	Mike	Studio
1100-1130	CXWorx	Serena	Studio
1230-1330	BodyCombat	Virtual	Studio
1345-1445	BodyPump	Virtual	Studio
1500-1545	Sh'Bam	Virtual	Studio
1600-1700	BodyBalance	Virtual	Studio

CLASS ETIQUETTE

- Please wear suitable footwear and clothing and bring a water bottle and towel.
- Please advise the instructor if you have not done the class before.
- Please arrive at least 10 minutes prior to the class as admittance will be denied once the class has commenced.
- On arrival please advise the instructor of any pregnancy, medical conditions or injuries.
- No bags to be left on the studio floor.
- Mobile phones are not permitted in the studio unless agreed prior to the class with the instructor.

BOOKING INFORMATION

- Non-members can attend for a cost of £15 per class.
- Classes can be booked up to 7 days in advance for members and 5 days for non-members.

For more information, telephone

01481 723366

or email info@kings.gg

Kings Premier Health Club, Kings Road,
St Peter Port, Guernsey, GY1 1QF

www.kings.gg

