EXERCISE CLASS PROGRAMME
10/09/2018 - 27/01/2019

MON | TUES | WED | THUR | FRI | SAT | SUN
---|---|---|---|---|---|---
07:00 | | | | | | |
07:30 | SPIN (SO) | RISE YOGA (SO)**NEW | | SPIN | | |
08:00 | | | | | | |
08:30 | | | | | | |
09:00 | | | | | | |
09:30 | PILATES FOR ALL | WORKSHOP WORKOUT 1 | TOTAL CONDITIONING | WORKSHOP WORKOUT 2 | | |
10:00 | 09:30 - 10:30 STUDIO | 09:30 - 10:30 GYM | 09:30 - 10:30 GYM | 09:30 - 10:30 GYM | | |
10:30 | OVER 50'S | PILATES - INTERMEDIATE | OVER 50'S | | | |
11:00 | 10:30 - 11:30 GYM | 10:30 - 11:30 STUDIO | 10:30 - 11:30 STUDIO | | | |
11:30 | | | | | | |
12:00 | | | | | | |
12:30 | | | | | | |
13:00 | SPIN | CIRCUITS | SPIN | CIRCUITS | | |
13:30 | 13:30 - 14:00 STUDIO | 13:30 - 14:00 STUDIO | 13:30 - 14:00 STUDIO | 13:30 - 14:00 STUDIO | | |
14:00 | | | | | | |
14:30 | | | | | | |
15:00 | | | | | | |
15:30 | HIIT | SPIN | HIIT & CORE (SO) | KETTLEBELLS (SO) | | |
16:00 | 17:00 - 18:00 STUDIO | 17:05 - 17:55 STUDIO | 17:00 - 17:55 STUDIO | 17:00 - 17:55 STUDIO | | |
16:30 | BOXFIT (SO) | BODY SCULPT | ZUMBA | SPIN | | |
17:00 | 18:05 - 18:55 STUDIO | 18:00 - 19:00 STUDIO | 18:00 - 18:55 STUDIO | 18:10 - 18:55 STUDIO | | |
17:30 | | | | | | |
18:00 | YOGA FOR ALL | YOGA FOR ALL | YOGA FOR ALL | | | |
18:30 | 19:00 - 20:00 STUDIO | 19:00 - 20:00 STUDIO | 19:00 - 20:00 STUDIO | | | |
19:00 | | | | | | |
19:30 | | | | | | |
20:00 | | | | | | |

*SO (SEMESTER ONLY) 10/9/18 – 2/12/18 [Festive Break NO CLASSES 22/12 - 6/1 Inclusive]
TERMS AND CONDITIONS ON CLASS BOOKINGS/CANCELLATIONS

BOOKING
All Fitness+ members are able to book onto any of our exercise classes ONLINE, up to 2 days in advance. Bookings may also be made in person at reception or by calling 01334 462190 and selecting option 1.

Alternatively, both members and non-members can claim their space on the day at reception up to 30 minutes before the beginning of the class, availability depending.

It is the responsibility of every individual attending a fitness class to ensure that they have read the online PAR-Q and informed consent and that if they have any concern regarding their suitability to attend a class they should speak to a staff member at the Sports Centre.

FITNESS CLASS ATTENDANCE
Class receipts should be collected (from reception staff or self-service kiosks) at least 5 minutes prior to the class start time. Receipts must be handed to the Sports Assistant or class instructor. Strictly no entry without a valid receipt.

LATE ARRIVAL TO A CLASS MAY RESULT IN THE REFUSAL OF ADMISSION BY THE MEMBER OF STAFF / INSTRUCTOR.

CANCELLATIONS / NO SHOWS

INDIVIDUALS WHO FAIL TO TURN UP FOR A BOOKING (CLASS OR ACTIVITY) WILL BE TREATED AS FOLLOWS:

1. First offence - An email will be sent to the individual reminding them of their responsibility to turn up to bookings.
2. Second offence - An email will be sent to the individual reminding them of their responsibility to turn up to bookings and warning of implications if there are any future offences, i.e. a fine.
3. Third offence - A “no show” fine will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid in full.
4. Fourth offence and beyond - Another “no show” fine will be attributed to the individual’s account, meaning entry into the Sports Centre, or use of sports facilities will not be permitted until it is paid. The individual’s membership will also be frozen for a period of time, in turn preventing access for that period. No refund will be given.

PLEASE NOTE, LATE CANCELLATIONS (LESS THAN 24 HOURS FOR A FACILITY/ACTIVITY BOOKING AND LESS THAN 2 HOURS FOR CLASS) WILL BE TREATED AS A NO SHOW.

Any activity or class you have booked but can no longer attend can be cancelled:
- In person at the Sports Centre
- By phone, calling 01334 462190 and using option 1
- Online via Horizons, but only if you have used this method to book the specific activity/class.

Saints Sport reserves the right to change or cancel any class/course at any time prior to the start. In the event of a change or cancellation Saints Sport will endeavour to provide as much advance warning as possible.