

Topnotch Health Club Current Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7.15 to 7.45 Spin Express Mike			7.15 to 7.45 Spin Express Chris	9.20 to 10.20 Karate Club (£) Enquire @ reception	9.30 to 10.00 Spin Express Mike
10.00 to 11.00 Body Pump Adele				10.00 to 11.00 Body Balance KT	9.30 to 10.20 Spin KT	10.00 to 11.00 Body Combat Paul/KT
			12.00 to 12.30 Spin Express Chris		10.30 to 11.30 Body Pump KT	
12.15 to 13.00 Body Balance Adele	12.30 to 13.15 Body Pump KT	12.30 to 13.15 Body Combat KT	12.30 to 13.15 Pilates Catia	12.30 to 13.15 Circuits Mike	11.40 to 12.40 Body Balance Jade	
	13.15 to 13.35 Just Abs Gym Team		17.40 to 18.25 Circuits Mike		13.00 to 14.00 Belly Dancing (£) Starts Oct 9th	
17.30 to 18.15 Body Pump KT	17.10 to 17.30 Just Abs Gym Team		18.30 to 19.30 Aerobics Liz	17.30 to 17.50 Just Abs Gym Team		
18.15 to 18.45 Spin Express KT	17.40 to 18.25 Circuits Mike	18.00 to 19.00 Body Pump Zoe	18.45 to 19.30 Spin Wayne	18.00 to 18.45 Body Balance KT		
18.15 to 19.15 Body Sculpt Jo	18.30 to 19.15 Body Combat KT	18.15 to 19.00 Spin Mike	19.00 to 19.20 Just Abs On Gym Floor			
19.30 to 21.00 Yoga Judith	19.15 to 20.00 Spin Ricky	19.00 to 20.00 Zumba Janet	19.30 to 21.00 Yoga Anu			
19.00 to 21.00 MuayThai/Boxing(£) Enquire @ reception	19.30 to 21.00 Karate Club (£) Enquire @ reception	19.00 to 21.00 MuayThai/Boxing(£) Enquire @ reception	19.00 to 21.00 MuayThai/Boxing(£) Enquire @ reception			

Colour Code:

- Muscular Strength
- Lifestyle
- Circuits
- Core
- Martial Arts
- Spin
- Dance

Group Fitness Guidelines

A minimum of 3 people per class
No entry into any class 5 mins after the start
Please bring a sweat towel & water bottle to your class

Booking Rules

To guarantee your place please book @ reception
Advance booking only up to 6 days in advance
You may book for yourself & one partner only
No show or late cancellation will result in a ban on bookings for the week

These rules are to ensure ALL members receive fair usage of ALL the classes so please be courteous to the rules and each other

The timetable and instructors are subject to change at the clubs discretion

Cover instructors often put themselves out at short notice to prevent cancellation, they deserve our support
All classes are available to beginners, speak to your instructor who will be happy to help you
ENJOY!
Booking Hotline: 020 8569 8225