

# Dolphin Fitness Club - January 2012

## Monday

Time	Class	Studio	Instructor
06.45-07.30	Spin	Spin Studio	Hayden
07.00-07.45	Gravity	£	Fit Team
07.00-08.00	Hatha Yoga	Holistic	Annie
09.00-09.45	Aqua	Pool	Juan
09.30-10.15	Buggy Fit	£	Nina
10.00-11.00	Hatha Yoga	Holistic	Ann
10.15-11.00	Dance +Tone	Studio 1	Brigitte
13.00-13.45	Core Conditioning	Studio 1	Juan
13.00-13.45	Spin	Spin Studio	Matt
18.30-19.15	Cardio Circuit	Studio 1	Farida
18.45-19.30	Spin	Spin Studio	Sandie
19.00-20.00	Running	Club Reception	Juan
*19.00-20.00	Vinyasa Flow Yoga	Holistic	Dora
19.15-20.00	LBT	Studio 1	Farida
19.30-20.15	Spin	Spin Studio	Sandie
20.00-20.45	Body Pump	Studio 1	Anthony
20.00-21.00	Vinyasa Flow Yoga	Holistic	Dora

## Wednesday

Time	Class	Studio	Instructor
06.45-07.30	Gravity	£	Hayden
06.45-07.30	Spin	Spin Studio	Sandie
07.45-08.45	Iyengar Yoga	Holistic	Kate
09.00-09.45	Aqua	Pool	Brian
09.15-10.00	Spin	Spin Studio	Nina
10.00-11.00	Pilates	Studio 1	Violetta
13.00-13.45	Body Balance	Holistic	Alessia
13.00-13.45	Circuit Class	Studio 1	Juan
15.00-15.45	Nifty Over Fifty	Studio 1	Karen
17.30-18.15	Fit Ball Core	Studio 1	Brian
18.30-19.30	Zumba	Studio 1	Angee
18.45-19.30	Spin	Spin Studio	Agy
19.15-20.15	Hatha Yoga	Holistic	Ann
19.30-20.30	Kickboxing	Studio 1	Chris
19.30-20.15	Spin	Spin Studio	Agy

## Friday

Time	Class	Studio	Instructor
06.45-07.30	Spin	Spin Studio	Nina
07.00-08.00	Pilates	Holistic	Xavier
09.00-09.45	Aqua	Pool	Mark
09.30-10.30	Pilates	Holistic	Violetta
12.30-13.15	Body Pump	Studio 1	Jay
13.00-13.45	Aqua	Pool	Jonathan
18.30-19.15	Body Pump	Studio 1	Sandie

## Sunday

Time	Class	Studio	Instructor
10.00-11.00	Iyengar Yoga	Holistic	Kate
10.00-11.00	Total Body Cond	Studio 1	Farida/Denise
10.15-11.00	Spin	Spin Studio	Sandie
11.00-11.30	Ab Attack	Studio 1	Farida/Denise
11.30-12.30	Zumba	Studio 1	Angee
13.00-14.00	Body Pump	Studio 1	Emma

## News

### Time Changes

Monday 07.15 Hatha Yoga will change to 07.00 (From 9th January 2012)

Wednesday 18.45 Zumba will change to 18.30 (From the 4th January 2012)

### New Classes

Wednesday 15.00-15.45 – Nifty Over Fifty (starting from 4th Jan 2012) – A functional and fun class for the over 50's. Everyone welcome. Non members £5 per class.

Wednesday 17.30-17.45 – Fit Ball Core (starting from 4th Jan 2012) Fit ball workout designed with a focus on the core, to improve strength, balance, stability, mobility, and posture whilst having fun playing with the ball.

Wednesday 19.30-20.30 – Kickboxing (starting 11th Jan 2012). From beginners to advanced. Kickboxing training is the ultimate all-round workout combining mental development with physical fitness.

Thursday 17.45-18.30 – Barefoot Body Conditioning BBC (starting from 12th Jan 2012). This is a full body functional workout where high energy meets mind and body.

\*= Token class. Tokens available 15mins before class from reception.

£= Paid courses. Email nturner@dolphinfitnessclub.co.uk for more details.

## Tuesday

Time	Class	Studio	Instructor
06.45-07.45	Body Pump	Studio 1	Jay
10.00-11.00	Yin Yoga	Holistic	Ann
10.00-10.45	Gravity	£	Nina
13.00-13.45	Spin	Spin Studio	Juan
13.00-13.45	Body Pump	Studio 1	Marco
17.30-18.15	LBT	Studio 1	Nina
18.00-19.00	Vinyasa Flow Yoga	Holistic	Catherine
19.00-19.45	Body Combat	Studio 1	Emma
19.00-19.45	Aqua	Pool	Sam
19.15-20.00	Spin	Spin Studio	Hayden
19.45-20.30	Body Pump	Studio 1	Emma
19.45-20.30	Pilates	Holistic	Violetta

## Thursday

Time	Class	Studio	Instructor
06.45-07.45	Body Pump	Studio1	Nina
07.15-08.15	Yoga	Holistic	Kasia
09.30-10.15	Body Conditioning	Studio 1	Nina
10.30-11.15	Mum's and Babies	£	Nina
13.00-13.45	Body Combat	Holistic	Jay
13.00-13.45	Spin	Spin Studio	Mark
17.30-18.15	Gravity	£	Hayden
17.45-18.30	Barefoot Body Con	Holistic	Anthony
18.30-19.15	Pilates Level 1	Holistic	Nina
18.45-19.30	Body Combat	Studio 1	Jay
19.15-20.45	Spin and Run	Spin Studio	Keith
19.30-20.15	LBT	Studio 1	Jay
19.30-20.30	Body Balance	Holistic	Anthony

## Saturday

Time	Class	Studio	Instructor
09.45-10.30	Body Conditioning	Studio 1	Denise
09.45-10.30	Spin	Spin Studio	Keith
*10.45-11.30	LBT	Studio 1	Denise
10.45-11.30	Spin	Spin Studio	Keith
11.30-12.30	Hatha Yoga	Studio 1	Kasia
12.30-13.30	Dynamic Yoga	Studio 1	Kasia

### Club Opening Times

Monday – Friday 6.30am–10.00pm Last entry 9.20pm All facilities stop 9.45pm  
Saturday & Sunday 8.00am–8.00pm Last entry 7.20pm All facilities stop 7.45pm

### Children's Times

Monday – Friday 10am–12pm & 2pm–5pm  
Saturday & Sunday 9am–12pm & 4pm–7.30pm

FIND US ON FACEBOOK & TWITTER  

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**Dolphin  
Fitness Club**

