

Guildford Spectrum Fitness & Group Exercise

Timetable Dec 2025

Monday
15/12/25

Tuesday
16/12/25

Wednesday
17/12/25

Thursday
18/12/25

Friday
19/12/25

Saturday
20/12/25

Sunday
21/12/25

07:45 Water Workout 60 mins Sophie P	09:30 Pilates for All 45 mins Brenda S	07:45 Water Workout 60 mins Sarah P	07:45 Water Workout 60 mins Sophie P	07:45 Water Workout 60 mins Sarah M P	08:00 Bootcamp 55 mins Sophie PH	09:00 Yoga 55 mins Marina S
09:30 Body Pump 55 mins Rachel AS	09:45 Body Blast 30 mins Gavin PH	09:30 Ride Rhythm 45 mins Amanda CS	09:10 Body Pump 45 mins Rachel AS	09:30 Yoga Pilates Fusion 45 mins Paul S	08:00 Energising Yoga 55 mins Marina S	09:45 Body Pump 55 mins Jemima AS
09:30 Ride Rhythm 45 mins Tony CS	09:30 Total Body Workout 55 mins Kerry AS	09:30 Body Balance 45 mins Yvette S	09:30 Ride Colour 45 mins Tony CS	09:30 Total Body Workout 55 mins Kerry AS	08:45 Ride For Fitness 45 mins Kieron CS	10:00 Barre Concept 45 mins Robin S
09:30 Pilates 45 mins Brenda S	10:30 Yoga Fitness 45 mins Emily Y S	09:30 PowerHouse 45 mins Tony PH	10:15 Pilates 45 mins Liane S	09:45 PowerHouse 45 mins Gavin PH	09:00 Body Pump 55 mins Jemima AS	10:00 Ride Rhythm 45 mins Ramona CS
10:35 Back to Basics 55 mins Rachel AS	10:45 Zumba 55 mins Laura AS	10:45 Core & More 45 mins Tony PH	10:30 Ride Rhythm 45 mins Tony CS	10:30 Yoga Vinyasa Flow 45 mins Paul S	09:45 Ride Podium 30 mins Michelle CS	10:00 PowerHouse 60 mins PH
10:30 Ride Colour 60 mins Tony CS	11:30 Les Mills Shapes 45 mins Robin S	10:30 Back to Fitness 55 mins Katharine AS	10:30 Fit For Life 45 mins Tony AS	11:30 Menopause Strength 45 mins Robin AS	10:15 Zumba 55 mins Lilly AS	10:45 Body Balance 55 mins Claire AS
10:30 Yoga - Vinyasa Flow 45 mins Emily Y S	12:30 Menopause Strength 45 mins Robin AS	11:30 Hatha Yoga 45 mins Carly S	11:30 Ladies Who Lift 55 mins Sophie G	12:30 Ride Rhythm 45 mins Alice CS	10:30 Ride Colour 45 mins Michelle CS	11:00 Pilates Fitness 45 mins Robin S
11:30 FitSteps 55 mins Wendy AS	12:30 Stretch & Mobility 45 mins Katharine S	11:45 Dance Fit 45 mins Lyndsey AS	12:30 Les Mills Shapes 45 mins Robin AS	12:30 Menopause Release 45 mins Robin S		
11:30 Restorative Yoga 30 mins Emily Y S	13:30 Menopause Release 45 mins Robin S	12:30 Ride Colour 45 mins Tony CS	12:30 Stretch and Mobility 45 mins Katharine S	13:30 Pilates 45 mins Liane S		
12:15 Yoga / Pilates 45 mins Robin S	18:00 Ride Rhythm 45 mins Ramona CS	12:30 Yoga - Hatha Flow 45 mins Hayley S	13:30 Kettleburn 45 45 mins Robin AS	17:45 Ride Podium 30 mins Will CS		
12:30 PowerHouse 45 mins PH	17:45 Ladies Who Lift 45 mins Sophie G	12:45 Freestyle Step 45 mins Lyndsey AS	13:30 Pilates 45 mins Katharine S	18:00 Body Balance 55 mins Claire S		
13:15 Barre Pilates 45 mins Robin S	18:00 Les Mills Pilates 55 mins Emily Y S	13:30 Yoga Meditation 30 mins Hayley S	17:30 Ride Rhythm 45 mins Amanda CS	18:30 Ride Colour 45 mins Will CS		
17:30 Zumba 45 mins Andy AS	18:15 Body Combat 45 mins Emma AS	17:45 Ride Podium 30 mins James CS	13:30 Kettleburn 30 45 mins Gavin G/PH			
18:00 Ride Colour 45 mins Will CS	18:30 Aqua Aerobics 45 mins Sophie P	18:00 Bodyweight Boss 30 mins Gavin G/PH	18:00 Pilates Flow 55 mins Liane S			
18:00 Yoga 60 mins Jackie S	19:00 Zumba 45 mins Lilly S	18:00 Les Mills Strength 45 mins Sarah AS	18:15 Body Pump 45 mins Steve AS			
18:00 HiiT / Core 60 mins Ellie G	19:00 Ride Endurance 55 mins Ramona CS	18:00 Yoga Ashtanga 60 mins Jackie S	18:30 Ride Endurance 55 mins Liane CS			
19:10 Body Pump 55 mins Steve AS	19:15 LBT 45 mins Jordan AS	18:30 Ride for Fitness 55 mins James CS	19:00 Yoga Flow 45 mins Paul S			
		19:00 Body Pump 60 mins Jemima AS	19:05 Body Combat 55 mins AS			
		19:15 Les Mills Shapes 45 mins Sarah S				



Key

A = Arena AS = Action Suite P = Pool CS = Cycle Studio
WS = Wellbeing Studio S = Studio PH = Powerhouse G = Gym

Aqua

Cardio

Cycle

Dance

Holistic

Toning

Guildford Spectrum Fitness & Group Exercise

Timetable Dec 2025

Monday
22/12/25

07:45 Water Workout 60 mins <i>Sophie</i> <i>P</i>
09:30 Body Pump 55 mins <i>Rachel</i> <i>AS</i>
09:30 Ride Rhythm 45 mins <i>Tony</i> <i>CS</i>
10:35 Back to Basics 55 mins <i>Rachel</i> <i>AS</i>
10:30 Ride Colour 60 mins <i>Tony</i> <i>CS</i>
10:30 Yoga - Vinyasa Flow 45 mins <i>Emily Y</i> <i>S</i>
11:30 FitSteps 55 mins <i>Wendy</i> <i>AS</i>
11:30 Restorative Yoga 30 mins <i>Emily Y</i> <i>S</i>
12:15 Yoga / Pilates 45 mins <i>Robin</i> <i>S</i>
12:30 PowerHouse 45 mins <i>PH</i>
13:15 Barre Pilates 45 mins <i>Robin</i> <i>S</i>
18:00 Ride Colour 45 mins <i>Will</i> <i>CS</i>
18:00 Yoga 60 mins <i>Jackie</i> <i>S</i>
18:00 HiiT / Core 60 mins <i>Ellie</i> <i>G</i>
19:10 Body Pump 55 mins <i>Steve</i> <i>AS</i>

Tuesday
23/12/25

09:45 Body Blast 30 mins <i>Gavin</i> <i>PH</i>
09:30 Total Body Workout 55 mins <i>Kerry</i> <i>AS</i>
10:30 Yoga Fitness 45 mins <i>Emily Y</i> <i>S</i>
11:30 Les Mills Shapes 45 mins <i>Robin</i> <i>S</i>
12:30 Menopause Strength 45 mins <i>Robin</i> <i>AS</i>
13:30 Menopause Release 45 mins <i>Robin</i> <i>S</i>
18:00 Ride Rhythm 45 mins <i>Ramona</i> <i>CS</i>
17:45 Ladies Who Lift 45 mins <i>Sophie</i> <i>G</i>
18:00 Les Mills Pilates 55 mins <i>Emily Y</i> <i>S</i>
18:15 Body Combat 45 mins <i>Emma</i> <i>AS</i>
19:00 Zumba 45 mins <i>Lilly</i> <i>S</i>
19:00 Ride Endurance 55 mins <i>Ramona</i> <i>CS</i>
19:15 LBT 45 mins <i>Jordan</i> <i>AS</i>

Wednesday
24/12/25

07:45 Water Workout 60 mins <i>Sarah</i> <i>P</i>
09:30 Ride Rhythm 45 mins <i>Amanda</i> <i>CS</i>
09:30 PowerHouse 45 mins <i>Tony</i> <i>PH</i>
10:45 Core & More 45 mins <i>Tony</i> <i>PH</i>
12:30 Ride Colour 45 mins <i>Tony</i> <i>CS</i>

Thursday
25/12/25

CLOSED

Friday
26/12/25

**NO
CLASSES**

Saturday
27/12/25

08:00 Energising Yoga 55 mins <i>Marina</i> <i>S</i>
08:45 Ride For Fitness 45 mins <i>Kieron</i> <i>CS</i>
09:00 Body Pump 55 mins <i>Jemima</i> <i>AS</i>
10:15 Zumba 55 mins <i>Lilly</i> <i>AS</i>
10:30 Ride Colour 45 mins <i>Michelle</i> <i>CS</i>

Sunday
28/12/25

09:00 Yoga 55 mins <i>Marina</i> <i>S</i>
09:45 Body Pump 55 mins <i>Jemima</i> <i>AS</i>
10:00 Ride Rhythm 45 mins <i>Ramona</i> <i>CS</i>
10:00 PowerHouse 60 mins <i>PH</i>



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Guildford Spectrum Fitness & Group Exercise

Timetable Dec 2025 / Jan 2026

Monday 29/12/25	Tuesday 30/12/25	Wednesday 31/12/25	Thursday 01/01/26	Friday 02/01/26	Saturday 03/01/26	Sunday 04/01/26
09:30 Body Pump 55 mins Rachel AS	09:30 Pilates for All 45 mins Brenda S	07:45 Water Workout 60 mins Sarah P	NO CLASSES	07:45 Water Workout 60 mins Sarah M P	08:00 Bootcamp 55 mins Sophie PH	09:00 Yoga 55 mins Marina S
09:30 Ride Rhythm 45 mins Tony CS	09:45 Body Blast 30 mins Gavin PH	09:30 Ride Rhythm 45 mins Amanda CS		09:30 Yoga Pilates Fusion 45 mins Paul S	08:00 Energising Yoga 55 mins Marina S	09:45 Body Pump 55 mins Jemima AS
10:35 Back to Basics 55 mins Rachel AS	09:30 Total Body Workout 55 mins Kerry AS	09:30 PowerHouse 45 mins Tony PH		09:30 Total Body Workout 55 mins Kerry AS	08:45 Ride For Fitness 45 mins Kieron CS	10:00 Barre Concept 45 mins Robin S
10:30 Ride Colour 60 mins Tony CS	11:30 Les Mills Shapes 45 mins Robin S	10:45 Core & More 45 mins Tony PH		09:45 PowerHouse 45 mins Gavin PH	09:00 Body Pump 55 mins Jemima AS	10:00 Ride Rhythm 45 mins Ramona CS
11:30 FitSteps 55 mins Wendy AS	12:30 Menopause Strength 45 mins Robin AS	11:30 Hatha Yoga 45 mins Carly S		10:30 Yoga Vinyasa Flow 45 mins Paul S	09:45 Ride Podium 30 mins Michelle CS	10:00 PowerHouse 60 mins PH
12:30 PowerHouse 45 mins PH	13:30 Menopause Release 45 mins Robin S	12:30 Ride Colour 45 mins Tony CS		11:30 Yoga Meditation 30 mins Paul S	10:15 Zumba 55 mins Lilly AS	10:45 Body Balance 55 mins Claire AS
18:00 Yoga 60 mins Jackie S	18:00 Ride Rhythm 45 mins Ramona CS			11:30 Menopause Strength 45 mins Robin AS	10:30 Ride Colour 45 mins Michelle CS	11:00 Pilates Fitness 45 mins Robin S
18:00 Hiit / Core 60 mins Ellie G	18:15 Body Combat 45 mins Emma AS			12:30 Ride Rhythm 45 mins Alice CS		
	19:00 Zumba 45 mins Lilly S			12:30 Menopause Release 45 mins Robin S		
	19:00 Ride Endurance 55 mins Ramona CS			13:30 Pilates 45 mins Liane S		
	19:15 LBT 45 mins Jordan AS			17:45 Ride Podium 30 mins Will CS		
				18:00 Les Mills Strength 45 mins Sarah AS		
				18:00 Body Balance 55 mins Claire S		
				18:30 Ride Colour 45 mins Will CS		



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