

Batchwood Golf Course & Sports Centre



Day	Start Time	Duration (Mins)	Instructor / Virtual	Class	Class Location	Class Type
Monday	09:15	60	Karuna	LBT	Tennis Court 5	Strength
Monday	11:30	60	Bridget	50+	Tennis Court 5	Conditioning
Monday	18:00	60	Rhys	Body Pump	Tennis Court 5	Strength
Monday	19:15	45	Jo	Spin	Tennis Court 5	Cardio
Tuesday	09:15	60	Karuna	20.20.20	Tennis Court 5	Strength/Cardio
Tuesday	11:30	60	Karyn	Pilates	Studio 1	Mind and Body
Tuesday	18:15	60	Rhys	LBT	Tennis Court 5	Strength
Wednesday	09:30	60	Sue	Running	Outside	Endurance
Wednesday	09:15	60	Bridget	LBT	Tennis Court 5	Strength
Wednesday	14:00	60	Karyn	Yoga	Studio 1	Mind and Body
Wednesday	18:15	60	Rhys	Cardio Aerobics	Tennis Court 5	Cardio
Thursday	07:15	45	Jo	Spin	Tennis Court 5	Cardio
Thursday	09:15	60	Karuna	Pump FX	Tennis Court 5	Strength
Thursday	10:45	60	Karyn	Yoga	Studio 1	Mind and Body
Thursday	18:15	60	Rhys	Body Pump	Tennis Court 5	Strength
Thursday	19:00	60	Karyn	Yoga	Studio 1	Mind and Body
Friday	09:15	60	Karuna	LBT	Tennis Court 5	Strength
Friday	11:45	60	Karyn	Pilates	Studio 1	Mind and Body
Friday	18:15	60	Rhys	Cardio Aerobics	Tennis Court 5	Cardio
Saturday	08:30	60	Rhys	Body Pump	Tennis Court 5	Strength
Saturday	10:00	60	Rhys	Body Blast	Tennis Court 5	Cardio

The easiest way to book a class is to download the free **1Life App**. Google '1Life App' or scan the relevant QR code below.

Android Devices



Apple Devices

