

WEEKLY CLUB ACTIVITY PROGRAMME 2024

https://granthamsquash.mycourts.co.uk/fitness_classes.asp



DAY	TIME	EVENT/CLASS	TRAINER	LOCATION
Monday	14.30 - 15.30	Jive Dance Practice *****	Contact club	FUNCTION ROOM
	17.00 - 19.40	Squash – Club Night *	Contact club	SQUASH COURTS
	17.30 - 18.15	Yoga (for strength & stability) ***	Julia Letchworth	FUNCTION ROOM
	17.30 - 18.15	Circuit Training (HIIT) **	Pacie Richards	FITNESS STUDIO
	18.30 - 19.30	Cycling to Music **	Alison Beardsley	FITNESS STUDIO
	19.30 - 20.30	Line Dancing ***	Paul Roberts	FUNCTION ROOM
Tuesday	09.30 - 10.15	Legs, Bums and Tums (LBT) **	Hari Payne	FUNCTION ROOM
	17.40 - 18.20	Junior Squash Coaching (5 - 11) *	Nige and Rae Truman	SQUASH COURTS
	18.00 - 18.45	Spinning **	Pacie Richards	FITNESS STUDIO
	18.30 - 19.30	Junior Squash Coaching (11 - 16) *	Louie Truman	SQUASH COURTS
	18.45 - 19.45	MMA **	Pacie Richards	FITNESS STUDIO
Wednesday	10.00 - 11.00	Beginner Adult Racketball (16+) ***	Helen Rees	SQUASH COURTS
	14.00 - 15.00	Squash & Racketball Training	Louie Truman	SQUASH COURTS
	17.00 - 19.40	Racketball – Club Night*	Contact club	SQUASH COURTS
	17.45 - 18.30	Zumba ***	Jaszie Ellis-Douglas	FUNCTION ROOM
	18.00 - 19.00	Junior Squash (11 - 18) *	Louie Truman	SQUASH COURTS
	18.40 - 19.40	Beginner Adult Squash ***	Helen Rees	SQUASH COURTS
	18.45 - 19.25	Pilates *****	Julie Simpson	FUNCTION ROOM
	19.30 - 20.00	Boxercise **	Pacie Richards	FUNCTION ROOM
	20.00 - 21.00	Club MMA *****	Pacie Richards	FUNCTION ROOM

* Members only

** Open to all (free to members)

*** Open to all (reduced price to members)

***** Open to all - contact organiser/instructor for price

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DAY	TIME	EVENT/CLASS	TRAINER	LOCATION
Thursday	07.30 - 08.15	Cycling to Music **	Alison Beardsley	FITNESS STUDIO
	11.30 - 12.30	MovementandMusic *****	Carole Foote	FUNCTION ROOM
	17.15 & 19.00	Slimming World *****	Rhona MacDonald-Rose	FUNCTION ROOM
	17.45 - 18.30	Spinning **	Pacie Richards	FITNESS STUDIO
Friday	09.00 - 10.00	Racketball (50+) - NEW ***	TruCoaching	SQUASH COURTS
	10.30 - 11.15	Step Aerobics **	Hari Payne	FUNCTION ROOM
	14.00 - 15.30	U3A Monthly Quiz *****	Contact club	BAR AREA
	16.00 - 16.50	Fitness Friday - Squash & Racketball - NEW ***	TruCoaching	SQUASH COURTS
	16.15 - 18.35	Children's Art Class *****	Ira Smyth	FUNCTION ROOM
	17.00 - 17.50	Fitness Friday - Strength & Conditioning - NEW ***	Pacie and Jacqui	SQUASH COURTS
	19.00 - 20.00	MMA *****	Pacie Richards	FUNCTION ROOM
	19.30 - 21.00	Club Monthly Quiz ***** (first Friday of month)	Contact club	CLUBROOM
Saturday	08.30 - 09.15	Group Spin Class **	Hari or Max	FITNESS STUDIO
	10.30 - 11.30	Squash For Beginners ****	Ken Bamford	SQUASH COURTS
	11.15 - 12.15	Children's MMA *****	Pacie Richards	FUNCTION ROOM

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