

# DECEMBER CLASS TIMETABLE

MONDAY
07:30 - 08:30 Reformer Pilates with Joanna
08:30 - 09:30 Dynamic Reformer Pilates with Joanna
12:00 - 12:30 Circuit with Ian
12:00 - 12:45 Stretch with Karolina

TUESDAY
07:30 - 08:30 Lanserhof Run Club
09:30 - 10:30 Reformer Pilates with Barry
10:30 - 11:30 Dynamic Reformer Pilates with Barry
12:00 - 12:45 HIIT with Ian

WEDNESDAY
10:00 - 11:00 Reformer Pilates with Sabrina
11:00 - 12:00 Dynamic Reformer Pilates with Sabrina
12:00 - 12:45 Stretch with Karolina
13:00 -14:00 Yoga and Meditation with Jordan

THURSDAY
08:00 - 09:00 Reformer Pilates with Mani
09:00 - 10:00 Dynamic Reformer Pilates with Mani

FRIDAY
07:30 - 08:30 Reformer Pilates with Mani
08:30 - 09:30 Dynamic Reformer Pilates with Mani
12:00 - 12:45 Conditioning Club with Ian
12:00 - 12:45 Stretch with Karolina

SATURDAY
10:00 - 11:00 Reformer Pilates with Joanna
11:00 - 12:00 Dynamic Reformer Pilates with Joanna
12:00 - 12:45 HIIT with Julian

## CONDITIONING CLUB

Discover the art of training combining functional fitness movements whilst exercising in a group. Suitable for all fitness levels, experience a revitalising workout that will leave you energised, toned, and invigorated. This is a great opportunity to exercise with fellow members in a motivational setting, whilst being coached through movement and conditioning

## THE LANSERHOF RUNNING CLUB

As our community continues to grow at Lanserhof at The Arts Club, we wanted to take this opportunity to introduce you to our all new ‘Run Club’ Join us every Tuesday Morning at 07:30am to complete 4km (2 laps) around Green Park. Commencing at our Gym, we will warm up with some dynamic stretching in preparation for the outdoor run. Over time, the goal is to increase our distance as a team. After completing the route, we will return to the Gym for a harmonious cool down and celebrate our achievement.

## YOGA & MEDITATION

Our yoga classes are designed to accommodate all levels of experience, from beginners to advanced members. Each session begins with a gentle warm-up to prepare the body, followed by a series of poses (asanas) that focus on strength, flexibility, and balance. We incorporate breathwork (pranayama) to enhance relaxation and mindfulness. Classes conclude with a soothing cooldown and a guided meditation to leave you feeling centered and rejuvenated. Join us to experience the physical and mental benefits of yoga in a supportive and serene environment.

# December Festive Period Timetable

Monday 23rd December, 2024 - Monday 2nd January, 2025  
There will be an adjusted timetable in the lead up to the new year

Monday 23rd December - Opening Hours: 06:30 - 21:00

09:00 - 10:00 Reformer Pilates with Joanna

10:00 - 11:00 Dynamic Reformer Pilates with Joanna

Tuesday 24th December (Christmas Eve) - Opening Hours: 09:00 - 17:00

Regular Schedule - No Lanserhof Run Club (07:30) + No HIIT (12:00)

Monday 30th - Opening Hours: 09:00 - 17:00

09:00 - 10:00 Reformer Pilates with Joanna

10:00 - 11:00 Dynamic Reformer Pilates with Joanna

No Stretch Class(12:00)

Tuesday 31st (New Years Eve) - Opening Hours: 09:00 - 17:00

Regular Schedule - No Lanserhof Run Club (07:30) + No HIIT (12:00)

Dates Closed:

December 25th, 26th, 27th, 28th and 29th. January 1st, 2025 (New Years Day)