

Cranleigh Golf & Country Club

Class Timetable 2026 from 1st September

Class Guide

CARDIO

MIND & BODY

AQUA

ACTIVE 60+

GYM

STUDIO 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Body Pump Alice 08.00-08.45		Body Pump Alice 08.00-08.45			
Broadway Boogie Chloe 09.00-10.00	Core Conditioning Alice 09.00-09.45	Pilates Tania 09.00-10.00	Zumba Alice 09.00-10.00	Body Pump Alice 09.00-10.00	Body Pump Hayley 09.00-09.45	Pilates Tania 09.00-10.00
Body Pump Peter 10.15-11.15	Cardiorobics Peter 10.15-11.15	Dance Aerobics Amanda 10.15-11.15	LBT Jo 10.15-11.15	Step & Tone Amanda 10.15-11.15	Zumba Pauline 10.15-11.15	
Skinny Jeans Peter 11.30-12.30	60+ Move It Anna P 11.30-12.30	QiGong Steve 11.30-12.30	60+ Active Life Jo 11.30-12.30	Cardio Dance Elizabeth 11.30-12.30		
Zumba Anna T 12.45-13.45	Golf/Tennis Fit Tom 12.45-13.30			60+ Pilates Jenn 12.45-13.45		
PhysicalFit Tom 14.00-14.45	Chair Yoga Gill H 14.45-15.45			PhysioFit Jon 14.00-14.45		
Body Pump Tracy 18.00-19.00	Fitsteps Heather 16.00-17.00	Cardiorobics Peter 18.00-19.00	Broadway Boogie Chloe 17.15-18.15			
Kettlebells & Core Anna P/Sian 19.15-20.00	Combat HIIT Amanda 18.30-19.30	Pump Plus + Peter 19.15-20.00	Body Pump Hayley 18.30-19.30			

OTHER LOCATION (Studio 3/creche, Gym, Outside)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Conditioning Peter 09.15-10.00 (Studio 3)		Bootcamp Anna P 08.00-08.45 (Outside)	Kettlebells SGT Sian 10.00-10.45 (Studio 3)	Kettlebells SGT Sian 08.00-08.45 (Studio 3)		
Defying Decades SGT Sian 10.30-11.30 (Studio 3)		Body Boost Amanda 09.15-10.00 (Studio 3)	Core Conditioning Naz 11.00-11.45 (Studio 3)	Core Conditioning Amanda 09.15-10.00 (Studio 3)		
	Get to Know Gym SGT Tom 14.00-15.00 (Gym)	Defying Decades SGT Tom 14.00-15.00 (Studio 3)	Run Club Anna P 18.30-19.30 (Outside)	Get to Know Gym SGT Sian 11.15-12.15 (Gym)		

INSTRUCTOR LED CYCLING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Live Cycling John 07.00-07.45	Live Cycling Alice 10.15-11.00	60+ Active Cycling Sally 10.15-11.00		Live Cycling Alice 10.15-11.00	Live Cycling John 09.15-10.00	
Live Cycling John 10.15-11.00		Live Cycling John 18.45-19.30	Leisure Cycling Sian 12.45-13.30			

STUDIO 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Flow Yoga Brittney 09.00-10.00	Yoga Alexandra 09.00-10.00	Iyengar Yoga Alan 09.00-10.00	Pilates Ali 09.00-10.00	Pilates Ali 09.00-10.00	Pilates Tania/Jenn 09.00-10.00	Restorative Yoga Steve 09.30-10.30
Iyengar Yoga Alan 10.15-11.15	Gentle Flow Yoga Alexandra 10.15-11.15	Barre Tania 10.15-11.15	Relaxation Yoga Ali 10.15-11.15	Gentle Flow Yoga Lesan 10.15-11.15	Flow Yoga Christine 10.15-11.15	
Pilates Jenn 11.30-12.30	Body Balance Peter 11.30-12.30	60+ Pilates Therapy Anna P 11.30-12.30	Yogilates Ali 11.30-12.30	Body Balance Henriette 11.30-12.30		
	Gentle Pilates Anna P 12.45-13.45	Yoga 4 Beginners Alan 12.45-13.45	Tai Chi Michelle M 14.00-15.00	Chair Yoga Gill H 12.45-13.45		
Yin Yoga Christine 16.00-17.00	Tai Chi Michelle M 14.00-15.00	Mindful Meditation* Amanda 14.00-15.00	QiGong Steve 16.00-17.00		Mindful Meditation* Steve 16.00-17.00	
Pilates Jenn (mat' cover) 17.15-18.15	Yoga Gill H 16.00-17.00	Pilates Liane 16.00-17.00	Pilates Ali 18.00-19.00	Yoga Abby 18.00-19.00		
Iyengar Yoga Alan 18.30-19.30	Pilates Ali 18.30-19.30	Flow Yoga Lesan 18.30-19.30	Restorative Yoga Ali 19.15-20.15			

*Meditation runs fortnightly

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Poolates* Anita 08.30-09.15				
Aqua+ Tracy H 09.15-10.00	Aqua Anita 09.15-10.00	Aqua Zumba Anita 09.15-10.00		Aqua Anita 09.15-10.00	Aqua Zumba+ Pauline 09.15-10.00	
Aqua+ Tracy H 10.00-10.45	Poolates+ Anita 10.00-10.45		Aqua+ Naz 10.00-10.45	Poolates+ Anita 10.00-10.45		
Aqua* Julia 18.15-19.00		Aqua Zumba* Pauline 18.15-19.00				Please shower before entering pool *1/2 pool - 2 lanes +3/4 pool - 3 lanes

- Bookings can be made 6 days in advance online, via the App, or at reception

- Cancellation must be at least 2 hours before the class start time (to avoid penalties)

- **No late entry to classes - please arrive 5-10 min early to set up** and ensure you check in (to avoid penalties)

- Please wear appropriate clothing & footwear and bring a closed water bottle

- Please wait for the previous class to exit a studio before entering (we have 15 min changeover periods on studio classes)

- Classes and instructors are subject to change - cover is listed on the Elite Live member noticeboard

- Changes to classes/instructors and new classes are marked in red

Cranleigh Golf & Country Club Class Descriptions

60+ Active Life	Low impact all over body workout at a gentle pace for those new to exercise, returning to exercise or needing low impact. Aimed at those 60+ years.
60+ Active Cycling	Instructor led indoor cycling class for the less fit or those wanting to get into cycling - suitable for all, as you will be guided throughout and work at your own level.
60+ Move It	All over gentle body workout using chairs and the barre. There is no floor work and all exercises help build strength, mobility and balance. Aimed at those 60+ years.
60+ Pilates	A gentle Pilates class focussing on the fundamentals to stabilise the deep core muscles and promote wellbeing.
60+ Pilates Therapy	Classic Pilates for musculoskeletal imbalances, non specific back pain, general aches & pains and common orthopaedic conditions.
Aqua	Safe, effective & fun cardiovascular water based workout with exercises for toning the whole body.
Aqua & Core	A combination of slower paced classic aqua with a targeted workout to strengthen your core.
Aqua Zumba	Fusion of classic aqua and the fun, latin styles of Zumba.
Barre	Combines the precision of Pilates, moves, grace & technique of ballet, the alignment of yoga, & strength from sports conditioning. Suitable for all.
Broadway Boogie	A fun dance class of different musical styles from various shows and films allowing you to get the full show biz experience using aerobic training mixed with resistance and interval training.
Body Balance	Fusion of Yoga, Tai Chi and Pilates to leave you feeling centred and calm. Moves & poses to music create a holistic workout that brings the body into a state of harmony & balance.
Body Boost	Build strength and stamina using your own body weight and free weights in a fun and functional workout routine.
Body Pump	Barbell weighted workout. Pre-choreographed athletic high repetition sets to powerful music. Improves muscle tone, definition and strength. Definitely NOT for degenerative joint issues.
Bootcamp	An energising outdoor dynamic class that combines bodyweight exercises with a variety of equipment to challenge your full body. Held in the fresh morning air to boost strength and cardio fitness.
Cardio Dance	High energy dance workout that's great fun and easy to perform.
Cardiorobics	A combination of high and low intensity aerobic sequences to pumping music - you will sweat and burn!
Chair Yoga	A gentle and mindful yoga class using chairs to support and aid alignment in postures. Suitable for anyone starting out or needing extra help in their yoga practice.
Combat HIIT	Cardiovascular, fat burning high intensity workout based on classic combat moves such as jabs, hooks, punches, roundhouse kicks and interval training.
Core Conditioning	Build inner strength with intense repetition exercises specifically focussed on the 'core'. Significantly more intense and cardio-based than Pilates.
Dance Aerobics	Fun dance class which helps you burn calories whilst dancing to great soundtracks
Defying the Decades	A workout session focussing on supporting those in later life. Led by the Gym team.
Fitsteps	A 'strictly come dancing' inspired fitness class, great fun and sociable, different dance styles!
Flow Yoga	Strong vinyasa style practice where movement flows with the breath. Includes sun salutations. Suitable for all levels.
Gentle Flow Yoga	A gentle flowing practice to promote centering and relaxation, whilst working with the breath and the body.
Gentle Pilates	Focuses on the fundamental of core stability and postural alignment, aiming to lengthen & strengthen muscles. This class is suitable for beginners or those needing a gentler form.
Golf/Tennis Fit	Functional training to address imbalances created by golf & tennis. It will improve strength, balance, and range of motion to help avoid injury prevention when playing.
HIIT	High intensity interval training using effective exercises that exhaust specific muscle groups.
Iyengar Yoga	A form of Yoga that has an emphasis on detail, precision and alignment in the performance of posture and breath control.
Kettlebells	A group workout session using ballistic weighted exercises for cardiovascular strength a mobility. Led by the Gym Team.
Kettlebells & Core	Build strength, stamina and core strength using a combination of ballistic kettlebell exercises, and targeted deep core workouts - feel the muscles work and burn.
Legs Bums & Tums	Workout to target those key areas, firm muscles, raise the heart rate and feel the burn as well as some total body conditioning.
Live Cycling	Instructor led indoor cycling class using the MyRide 'Coach by Color' system as you ride through virtual scenery. Suitable for all, as you work at your own level.
Mindful Meditation	A guided monthly meditation for all levels to aid relaxation, stress and anxiety relief and to provide space to rebalance.
Pilates	Refreshing mind & body workout which focuses on core stability and postural alignment, aiming to lengthen & strengthen muscles. All classes are mixed ability.
PhysicalFit	A functional class focussed on mobility, stability, and strength. It helps improve movement, build control, and develop safe, full-body strength for everyday life and injury prevention.
PhysioFit	This class is taken by our resident Physio. A mixture of balance, core control, strength, and mobility exercises, designed to improve upper and lower body dissociation.
Poolates	A gentle class that uses the buoyancy, resistance and gentle movement of the water to stabilise the core, strengthen muscles, enhance flexibility and improve posture.
Pump Plus +	A weighted workout using barbells, free weights, and body weight. It focuses on form, technique & simple movements at a slower pace to promote progressive strength training. Learn to lift and move in a safe, controlled way.
QiGong	This class is all about improving health & vitality. Ease away tensions, restore balance with breathing and classic slow QiGong sequences.
Relaxation Yoga	Nurture yourself with a combination of gentle restorative and yin yoga postures. Bring a blanket/extra layers and your own props (optional).
Restorative Yoga	A deeply nourishing class that focuses on bringing the body and mind into stillness. Includes meditation and pranayama (breath control).
Skinny Jeans	A workout that focuses on legs, bums and tums with a high intensity burn to tone and strengthen, plus deep stretches to lengthen muscles.
Step & Tone	High energy aerobic class moves using steps with body weight and hand weights to work the whole body - but particularly legs, core and glutes.
Tai Chi & Meditation	The ancient art which promotes the art of relaxation in everyday life. Move better & feel more at ease with your body. A gentle progressive class to regenerate the mind/body.
Yin Yoga	Long holds to target connective tissues (fascia, ligaments & tendons) and work with the energy lines. A perfect complement to stronger styles of yoga.
Yoga	Classic Hatha yoga to enable connection with body, mind & spirit. Each instructor will bring their own style to the class using flow, breath and/or some meditation. Suitable for beginners.
Yoga Basics 4 Beginners	An introduction to the principles and postures of yoga. Aimed at anyone starting out or returning after an extended period. Not for those with a regular practice.
Yogilates	A combination of Pilates core stabilising exercises and Yoga sequences so that you benefit from both disciplines in one class.
Zumba	Fun, high energy workout using Latin vibes to move the body with different dance routines.