

# HEART STUDIO

24<sup>th</sup> October – 30<sup>th</sup> October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
7.45	Legs Bums & Tums 45 mins		Wake up & Stretch 45 mins		Fitness Yoga 45 mins		Wake up & Stretch 45 mins
8:45	APEX Spin 45 mins	Step Intermediate 45 mins	Lift 45 mins	Step Intermediate 45 mins	APEX Spin 45 mins	Lift 45 mins	Step Intermediate 45 mins
10:00	APEX Spin 45 mins	APEX Spin 45 mins	APEX Spin 45 mins	APEX Spin 45 mins	Lift 45 mins	APEX Spin 45 mins	APEX Spin 45 mins
11.15	Lift 45 mins	Lift 45 mins	Lift 45 mins	HIIT Intermediate 40 mins	HIIT Intermediate 40 mins	APEX Spin 45 mins	Lift 45 mins
12.30		Drums Alive 40 mins	HIIT Intermediate 40 mins	Drums Alive 40 mins		Pilates Intermediate 50 mins	HIIT Intermediate 40 mins
15.45	Tai Chi 50 mins				Tai Chi 50 mins		
16.45	Fitness Ball 45 mins	Ballet Fit 45 mins	Fitness Ball 45 mins	Ballet Fit 45 mins	APEX Spin 45 mins	HIIT Intermediate 40 mins	Legs Tums & Bums 45 mins
17:45	Lift 45 mins	APEX Spin 45 mins	Lift 45 mins	HIIT Intermediate 40 mins			

Please book for all classes in advance, by booking in the Gym or calling Ext 318.

Please arrive 5 mins prior to the session start time

Please be aware that there is a cancellation charge of £5 for guests that have booked but not attended a fitness class.

A few of our exercise classes feature flashing lights, therefore if you experience sensitivity of any kind, we recommend you check with our Fitness Team before you book any classes.

Services and facilities are subject to change or withdrawal without notice.

Mindful
  Cardio
  Strength
  Dance



# SOUL STUDIO

24th October – 30th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Coreboard 45 mins	Pilates 50 mins
9:45	Aerobic & Tone 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Legs Tums & Bums 45 mins
10:45	Fitness Yoga 45 mins	Pilates Intermediate 50 mins	Fitness Yoga 45 mins	Pilates Intermediate 50 mins	Hatha Yoga 55 mins	Legs Tums & Bums 45 mins	Fitness Yoga 45 mins
11:45	Salsa 45 mins		Magical Musicals 45 mins	Jive 45 mins	Zumba 45 mins	Pilates 50 mins	Bollywood 45 mins
14:00	Pilates Intermediate 50 mins	Candlelight Yoga 1 hour	Pilates 50 mins	Beginners Hatha Yoga 1 hour	Pilates 50 mins	Hatha Yoga 1 hour	Pilates 50 mins
16:00	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins
17:00	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	CANDLE STRETCH 45 mins	Fitness Yoga 45 mins	Coreboard 45 mins	HIIT Intermediate 40 mins
18.45	Pilates Advanced 45 mins	Circuits* 40 mins	Yoga Flow Intermediate 1 Hour	Coreboard 45 mins	CANDLE STRETCH 45 mins <b>18.00-18.45</b>	CANDLE STRETCH 45 mins <b>18.00-18.45</b>	CANDLE STRETCH 45 mins <b>18.00-18.45</b>

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Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

24th October – 30th October

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:30	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	Pilates H2O 25 mins	HIIT the Water 25 mins	AquaCircuit 25 mins	Pilates H2O 25 mins
10:00	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	AquaCircuit 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins
10:45	Aquaflex 25 mins	Yoga H2O 25 mins	Aquaflex 25 mins	HIIT the Water 25 mins	AquaCircuit 25 mins	Aquaflex 25 mins	Aquaflex 25 mins
11:30	Pilates H2O 25 mins	AquaCircuit 25 mins	Pilates H2O 25 mins	Aquaflex 25 mins	Aquaflex 25 mins	Pilates H2O 25 mins	Yoga H2O 25 mins
16:00	Aquaflex 25 mins	Pilates H2O 25 mins	Aquaflex 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	AquaCircuit 25 mins



## OUTDOOR SESSIONS

### TAKING PLACE DAILY

**Countryside walk**  
2.00-2.45pm  
**Meet at the Bell**  
Maps can be found at Reception & the Gym

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