

Studio One Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.05-9.50 am	9.05-9.55 am	9.05-9.50 am	9.05-9.50 am	9.05-9.55 am	9.05-9.55 am	9.05-9.50 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Intermediate Step ♥	Intermediate Pilates*	Weights for Strength and Tone*	Intermediate Step ♥
10.05-10.50 am	10.05-10.55 am	10.05-10.55 am	10.05-10.55 am	10.05-10.50 am	10.05-10.50 am	10.05-10.55 am
Beginners Aerobic Fat Burner	Pilates *	Intermediate Pilates*	Pilates *	Legs, Tums and Bums	Aerobic Fat Burner	Pilates*
11.05-11.45 am	11.05-11.50 am	11.05-11.55 am	11.05-11.50 am	11.05-11.50 am	11.05-11.50 am	11.05-11.50 am
HIIT Yoga ♥	Zumba®	Groovelates	Zumba®	Bollywood	Magical Musicals	Jive
3.05-3.30 pm	3.05-4.30 pm	4.05-4.45 pm	12.05-12.30 pm	2.05-2.45 pm	3.05-4.15 pm	3.05-3.45 pm
Hula Hooping*	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Ballet Barre Conditioning*	Hatha Yoga*	Ballet Barre Conditioning*
4.05-4.45 pm	5.05-5.45 pm	5.05-5.50 pm	2.05-2.45 pm	5.05-5.50pm	4.30-4.55 pm	4.05-4.45 pm
Pilates on the Ball*	Legs, Tums & Bums	Sunset Stretch*	Beginners Hatha Yoga*	Sunset Stretch*	Hula Hooping*	Pilates on the Ball*
5.05-5.50 pm		6.05-7.30 pm	5.05-5.55pm		5.05-5.45 pm	5.05-5.50 pm
Sunset Stretch*		Hatha Yoga*	Weights for Strength and Tone*		RUSH High Intensity Workout ♥	Sunset Stretch*
6.35-7.30 pm			6.35-7.15 pm			
Advanced Pilates*			RUSH High Intensity Workout ♥			

Roof Top Infinity Pool Lounge and Outdoor Activities

2.05-2.55 pm			2.05-2.55pm		8.05-8.50am	
Country Walk Meet in the Gym			Country Walk Meet in the Gym		Warm Hatha Yoga*£	

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* These classes have limited spaces. We strongly recommend you book in advance.

£ Chargeable Class £10.00 per person

♥ Indicates higher intensity classes. All other classes are mixed ability.

Trainers must be worn for the majority of classes

Please see Fitness notice board for timetable changes and class descriptions

Services and facilities are subject to change or withdrawal without notice



Studio Two Fitness Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.30-10.10 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am	9.30-10.15 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Box Fit Circuit *	Coreboard Conditioning *	90/60/30 High Intensity Workout ♥
10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am	10.30-11.15 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Studio Cycling*	HIIT Wheels* ♥	Studio Cycling*
11.30-12.15 am	11.30-12.15 am	11.30-12.15 am	11.30-12.15am	11.30-12.15 am	11.30-12.25 am	11.30-12.15 am
Magical Musicals	Box Fit Circuit *	Tai Chi	Drums Alive *	Tai Chi	Intermediate Pilates*	Legs, Tums and Bums*
2.05-2.45 pm	3.30-4.15 pm	2.05-2.45pm	3.30-4.15 pm	2.05-2.45 pm	3.30-4.15 pm	4.15-4.55 pm
Time To Unwind	Roll and Release*	Time To Unwind	Roll and Release*	Time to Unwind	Roll and Release*	Time to Unwind
5.15-6.00 pm	5.15-5.55 pm	3.30-4.15 pm	6.00pm-6.30 pm	4.30-5.15 pm	5.15-5.55 pm	5.15-5.55 pm
Resistance Bands for Strength and Tone*	Drums Alive *	Tai Chi Sword *	Intermediate Studio Cycling*♥	Fitness Yoga	Drums Alive*	HIIT Yoga♥
	6.30-7.15 pm	5.15-5.55 pm		5.30-5.55 pm		
	HIIT Wheels Extreme* ♥	Pilates on the Ball*		Studio Cycling*		
		6.35-7.30 pm				
		Circuits				

Exercise Pool Classes

10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am	10.30-10.55 am
Cardio Waves*	HIIT the Water*	Cardio Waves*	Aquaflex*	Cardio Waves*	HIIT the Water*	Cardio Waves*
11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am	11.30-11.55 am
Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquagym	Aquaflex	Aquaflex
4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30 pm	4.05-4.30pm	4.05-4.30 pm
Aquagym	Aquaflex	Aquagym	Aquaflex	HIIT the Water	Aquaflex	Aquagym

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