

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	Zumba®
4.05-4.45 pm	3.05-4.30 pm	4.05-4.45 pm	12.05-12.30 pm	3.05-3.45 pm	3.05-4.15 pm	3.05-3.45 pm
Pilates on the Ball*	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Ballet Barre Conditioning*	Hatha Yoga*	Ballet Barre Conditioning*
5.05-5.50 pm	5.05-5.45 pm	5.05-5.50 pm	3.05-3.55 pm	4.05-4.45pm	4.30-4.55 pm	4.05-4.45 pm
Sunset Stretch*	Legs, Tums & Bums	Sunset Stretch*	Beginners Hatha Yoga*	Pilates on the Ball*	Hula Hooping*	Pilates on the Ball*
6.35-7.30 pm		6.05-7.30 pm	5.05-5.55pm	5.05-5.50pm	5.05-5.45 pm	5.05-5.50 pm
Advanced Pilates*		Hatha Yoga*	Weights for Strength and Tone*	Sunset Stretch*	RUSH High Intensity Workout ♥	Sunset Stretch*
			6.35-7.15 pm			
			RUSH High Intensity Workout ♥			

Roof Top Infinity Pool Lounge and Outdoor Activities

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

JUNE 3rd - 9th 2019

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

£ Chargeable Class £5.00 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	10.30-11.10 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	11.30-11.55 am	11.30-12.15am	2.05-2.45 pm	11.30-12.25 am	11.30-12.15 am
Magical Musicals	Box Fit Circuit *	Introduction to Tai Chi	Drums Alive *	Time to Unwind	Intermediate Pilates*	Legs, Tums and Bums*
5.15-6.00 pm	3.30-4.15 pm	12.20-12.55pm	3.30-4.15 pm	4.30-5.15 pm	3.30-4.15 pm	4.15-4.55 pm
Resistance Bands for Strength and Tone*	Roll and Release*	Time To Unwind	Roll and Release*	Fitness Yoga	Roll and Release*	Time to Unwind
	5.15-5.55 pm	5.15-5.55 pm	6.00pm-6.30 pm	5.30-5.55 pm	5.15-5.55 pm	5.15-5.55 pm
	Drums Alive *	Pilates on the Ball*	Intermediate Studio Cycling*♥	Studio Cycling*	Drums Alive*	HIIT Yoga♥
	6.30-7.15 pm	6.35-7.30 pm				
	HIIT Wheels Extreme* ♥	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	Aquaflow	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	Aquaflow	HIIT the Water	Aquaflow	Aquagym

JUNE 2nd - 9th 2019