

# 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	10.05-10.50 am	9.05-9.50 am
Legs, Tums & Bums	Weights for Strength and Tone*	Beginners Aerobic Fat Burner	Intermediate Step ♥	Intermediate Pilates*	Aerobic Fat Burner	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	11.05-11.50 am	10.05-10.55 am
Beginners Aerobic Fat Burner	Pilates *	Intermediate Pilates*	Pilates *	Legs, Tums and Bums	Magical Musicals	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	3.05-4.15 pm	11.05-11.50 am
HIIT Yoga ♥	Zumba®	Groovelates	Zumba®	Bollywood	Hatha Yoga*	Zumba®
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	4.30-4.55 pm	3.05-3.45 pm
Hula Hooping*	Hatha Yoga*	Ballet Barre Conditioning*	Hula Hooping*	Ballet Barre Conditioning*	Hula Hooping*	Ballet Barre Conditioning*
4.05-4.45 pm	5.05-5.45 pm	5.05-5.50 pm	3.05-3.55 pm	4.05-4.45pm	5.05-5.45 pm	4.05-4.45 pm
Pilates on the Ball*	Legs, Tums & Bums	Sunset Stretch*	Beginners Hatha Yoga*	Pilates on the Ball*	RUSH High Intensity Workout ♥	Pilates on the Ball*
5.05-5.50 pm		6.05-7.30 pm	5.05-5.55pm	5.05-5.50pm		5.05-5.50 pm
Sunset Stretch*		Hatha Yoga*	Weights for Strength and Tone*	Sunset Stretch*		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			
Country Walk Meet in the Gym			Country Walk Meet in the Gym			

June 17th - 23rd 2019

\* 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	10.30-11.15 am	9.05-9.55 am	9.30-10.15 am
90/60/30 High Intensity Workout ♥	Coreboard Conditioning *	Studio Cycling*	Coreboard Conditioning *	Studio Cycling*	Resistance Bands For Strength & Tone*	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	11.30-12.15 am	10.30-11.15 am	10.30-11.15 am
Studio Cycling*	HIIT Wheels* ♥	90/60/30 High Intensity Workout ♥	HIIT Wheels* ♥	Tai Chi	HIIT Wheels* ♥	Studio Cycling*
11.30-12.15 am	11.30-12.15 am	11.30-12.15 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*
2.05-2.45 pm	3.30-4.15 pm	2.05-2.45pm	3.30-4.15 pm	4.30-5.15 pm	3.30-4.15 pm	4.15-4.55 pm
Time To Unwind	Roll and Release*	Time To Unwind	Roll and Release*	Fitness Yoga	Roll and Release*	Time to Unwind
5.15-6.00 pm	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
Resistance Bands for Strength and Tone*	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 17th - 23rd 2019