



# SOUL STUDIO

17<sup>th</sup> – 23<sup>rd</sup> May 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	Pilates 45 mins	Legs Tums & Bums 45 mins	Pilates 45 mins	Legs Tums & Bums 45 mins	Pilates 45 mins	Legs Tums & Bums 45 mins	Pilates 45 mins
10:15	Aerobic & Tone 45 mins	Pilates 45 mins	Aerobic Fat Burner 45 mins	Pilates 45 mins	Aerobic & Tone 45 mins	Aerobic Fat Burner 45 mins	Leg Tums & Bums 45 mins
11:30	Magical Musicals 45 mins	Pilates 45 mins	Salsa 45 mins	Pilates 45 mins	Hatha Yoga 1 hour	Pilates 45 mins	Zumba 45 mins
14:30	Pilates 45 mins	Hatha Yoga 1 hour	Pilates 45 mins	Beginners Hatha Yoga 1 hour	Pilates 45 mins	Hatha Yoga 1 hour	Pilates 45 mins
15:45	WAVE 45 mins	Silent Stretch 45 mins	WAVE 45 mins	Silent Stretch 45 mins	WAVE 45 mins	Silent Stretch 45 mins	WAVE 45 mins
17:00	Candlelight Stretch 40 mins	Ballet Barre 40 mins	Candlelight Stretch 40 mins	Ballet Barre 40 mins	Candlelight Stretch 40 mins	Ballet Barre 40 mins	Candlelight Stretch 40 mins

**Please book for all classes in advance, minimum 15 mins prior to the start of the session**

Please arrive 5 mins prior to the session start time

**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.**

\*\* 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.**

Mindful
  Cardio
  Strength
  Dance

# HEART STUDIO



17<sup>th</sup> – 23<sup>rd</sup> May 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	APEX Cycling 45 mins	LIFT 45 mins	Coreboard 45 mins	Step** Intermediate 45 mins	Coreboard 45 mins	LIFT 45 mins	Step** Intermediate 45 mins
10:00	Coreboard 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins
11:15	LIFT 45 mins	PULSE 45 mins	LIFT 45 mins	PULSE 45 mins	LIFT 45 mins	Coreboard 45 mins	LIFT 45 mins
12:30	Stretch to Relax 40 mins	Drums Alive 40 mins	Stretch to Relax 40 mins	Drums Alive 40 mins	Stretch to Relax 40 mins	Drums Alive 40 mins	Stretch to Relax 40 mins
16:45	PULSE 45 mins	Legs Tums & Bums 45 mins	Tai Chi 45 mins	Legs Tums & Bums 45 mins	Tai Chi 45 mins	Pilates 45 mins	Legs Tums & Bums 45 mins
17:45	APEX Cycling 45 mins	LIFT 45 mins	Static Circuits 45 mins	LIFT 45 mins	LIFT 45 mins	Legs Tums & Bums 45 mins	Coreboard 45 mins

**Please book for all classes in advance, minimum 15 mins prior to the start of the session**

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**Trainers must be worn for the majority of classes**

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Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

17<sup>th</sup> – 23<sup>rd</sup> May 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:20	Yoga H2O 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	Yoga H2O 25 mins	Cardio Waves 25 mins	HIIT the Water 35 mins
10:00	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	Aquaflex 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins
10:45	Aquaflex 25 mins	Yoga H2O 25 mins	Aquagym 25 mins	HIIT the Water 25 mins	Aquagym 25 mins	Aquaflex 25 mins	Aquaflex 25 mins
11:30	Pilates H2O 25 mins	Aquagym 25 mins	Pilates H2O 25 mins	Aquagym 25 mins	Aquaflex 25 mins	Pilates H2O 25 mins	Yoga H2O 25 mins
15:00	Aquagym 25 mins	Aquaflex 25 mins	Yoga H2O 25 mins	Aquaflex 25 mins	Pilates H2O 25 mins	Aquagym 25 mins	Pilates H2O 25 mins
16:00	HIIT the Water 25 mins	Pilates H2O 25 mins	Aquaflex 25 mins	Yoga H2O 25 mins	HIIT the Water 25 mins	Yoga H2O 25 mins	Aquagym 25 mins



## OUTDOOR SESSIONS

TAKING PLACE DAILY

Countryside walk  
3.00-3.45pm