



SOUL STUDIO

19th - 25th July 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins	Legs Tums & Bums 45 mins	Pilates 50 mins
10:15	Aerobic & Tone 45 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 45 mins	Aerobic Fat Burner 45 mins	Leg Tums & Bums 45 mins
11:30	Magical Musicals 45 mins	Pilates 50 mins	Salsa 45 mins	Pilates 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Jive 45 mins
14:15	Pilates 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Beginners Hatha Yoga 1 hour	Pilates 50 mins	Hatha Yoga 1 hour	Pilates 50 mins
15:45	Ballet Barre 45 mins	Candlelight Stretch 45 mins	Ballet Barre 45 mins	Candlelight Stretch 45 mins	Ballet Barre 45 mins	Candlelight Stretch 45 mins	Ballet Barre 45 mins
17:00	Silent Stretch 40 mins	WAVE 40 mins	Silent Stretch 40 mins	WAVE 40 mins	Silent Stretch 40 mins	WAVE 40 mins	Silent 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

19th-25th July 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	APEX Cycling 45 mins	LIFT 45 mins	Coreboard 45 mins	APEX Cycling 45 mins	Coreboard 45 mins	LIFT 45 mins	Step Circuit 45 mins
10:00	PULSE 45 mins	APEX Cycling 45 mins	APEX Cycling 45 mins	Step** Intermediate 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	Coreboard 40 mins	Drums Alive 40 mins	PULSE 40 mins	Drums Alive 40 mins	PULSE 40 mins	Pilates 50 mins	PULSE 40 mins
16:45	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins
17:45	APEX Cycling 45 mins	LIFT 45 mins	Static Circuits 45 mins	PULSE 45 mins	LIFT 45 mins	Legs Tums & Bums 45 mins	Coreboard 45 mins

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

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Mindful
 Cardio
 Strength
 Dance



EXERCISE POOL

19th-25th July 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	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
9:30	Aquaflex 25 mins	Pilates H2O 25 mins	Aquaflex 25 mins	HIIT the Water 25 mins	HIIT the Water 25 mins	Aquaflex 25 mins	Pilates H2O 25 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
12:30	HIIT the Water 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins	Aquaflex 25 mins	Yoga H2O 25 mins	Cardio Waves 25 mins	HIIT the Water 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

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OUTDOOR SESSIONS

TAKING PLACE DAILY

Countryside walk
3.00-3.45pm
Meet at the Bell