

19<sup>th</sup>-25<sup>th</sup> October 2020

Mind & Body
  Cardiovascular
  Toning
  Dance Classes
  Water Classes

**STUDIO ONE**

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Pilates 9.00am- 9.45am	Legs Tums & Bums 9.00- 9.45am	Pilates 9.00- 9.45am	Legs Tums & Bums 9.00- 9.45am	Pilates 9.00- 9.45am	Legs Tums & Bums 9.00- 9.45am	Pilates 9.00- 9.45am
Aerobic and Tone 10.15-11.00am	Pilates 10.15-11.00am	Aerobic and Tone 10.15-11.00am	Pilates 10.15-11.00am	Aerobic and Tone 10.15-11.00am	Aerobic and Tone 10.15-11.00am	Leg Tums & Bums 10.15-11.00am
Magical Musicals 11.30am- 12.15pm	Pilates 11.30am- 12.15pm	Salsa 11.30am- 12.15pm	Pilates 11.30am- 12.15pm	Hatha Yoga 11.30am- 12.30pm	Pilates 11.30am- 12.15pm	Zumba 11.30am- 12.15pm
Pilates 2.30- 3.15pm	Hatha Yoga 2.30- 3.30pm	Pilates 2.30- 3.15pm	Beginners Hatha Yoga 2.30- 3.30pm	Pilates 2.30- 3.15pm	Hatha Yoga 2.30- 3.30pm	Pilates 2.30- 3.15pm
Roll and Release 3.45- 4.30pm	Sunset Stretch 3.45- 4.30pm	Tai Chi 3.45- 4.30pm	Sunset Stretch 3.45- 4.30pm	Tai Chi 3.45- 4.30pm	Sunset Stretch 3.45- 4.30pm	Roll and Release 3.45- 4.30pm
Sunset Stretch 5.00- 5.40pm	Ballet Barre Conditioning 5.00- 5.40pm	Sunset Stretch 5.00- 5.40pm	Ballet Barre Conditioning 5.00- 5.40pm	Sunset Stretch 5.00- 5.40pm	Ballet Barre Conditioning 5.00- 5.40pm	Sunset Stretch 5.00- 5.40pm

**Please note you need to 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.**

19<sup>th</sup>-25<sup>th</sup> October 2020

Mind & Body
  Cardiovascular
  Toning
  Dance Classes
  Water Classes

**STUDIO TWO**

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Coreboard Conditioning 8.45-9.30am	Weights for Strength & Tone 8.45-9.30am	Coreboard Conditioning 8.45-9.30am	Step Circuit** 8.45-9.30am	Coreboard Conditioning 8.45-9.30am	Weights for Strength & Tone 8.45-9.30am	Intermediate Step ** 8.45-9.30am
Studio Cycling 10.00-10.45am	HIIT Wheels ** 10.00-10.45am	Studio Cycling 10.00-10.45am	HIIT Wheels ** 10.00-10.45am	Studio Cycling 10.00-10.45am	HIIT Wheels ** 10.00-10.45am	Studio Cycling 10.00-10.45am
Weights for Strength & Tone 11.15am-12.00pm	90/60/30 Intense Workout ** 11.15am-12.00pm	Weights for Strength & Tone 11.15am-12.00pm	90/60/30 Intense Workout ** 11.15am-12.00pm	Weights for Strength & Tone 11.15am-12.00pm	Coreboard Conditioning 11.15am-12.00pm	Weights for Strength & Tone 11.15am-12.00pm
RUSH High Intensity Workout ** 12.30-1.10pm	Drums Alive 12.30-1.10pm	RUSH High Intensity Workout ** 12.30-1.10pm	Drums Alive 12.30-1.10pm	RUSH High Intensity Workout ** 12.30-1.10pm	Drums Alive 12.30-1.10pm	90/60/30 Intense Workout ** 12.30-1.10pm
Legs Tums & Bums 4.45-5.30pm	Pilates 4.45-5.30pm		RUSH High Intensity Workout ** 4.45-5.30pm	Legs Tums & Bums 4.45-5.30pm	Pilates 4.45-5.30pm	Legs Tums & Bums 4.45-5.30pm
HIIT Wheels Extreme ** 5.45-6.30pm	Weights for Strength & Tone 5.45-6.30pm	Gym Static Circuits 5.45-6.30pm	Weights for Strength & Tone 5.45-6.30pm	Weights for Strength & Tone 5.45-6.30pm	Legs Tums & Bums 5.45-6.30pm	Coreboard Conditioning 5.45-6.30pm

19<sup>th</sup>-25<sup>th</sup> October 2020

Mind & Body
  Cardiovascular
  Toning
  Dance Classes
  Water Classes

### EXERCISE POOL CLASSES

MON	TUES	WEDS	THURS	FRI	SAT	SUN
Yoga H2O 9.20-9.45am	Cardio Waves 9.20-9.45am	HIIT the Water 9.20-9.45am	Cardio Waves 9.20-9.45am	Yoga H2O 9.20-9.45am	Cardio Waves 9.20-9.45am	HIIT the Water 9.20-9.45am
Cardio Waves 10.00-10.25am	HIIT the Water 10.00-10.25am	Cardio Waves 10.00-10.25am	Aquaflex 10.00-10.25am	Cardio Waves 10.00-10.25am	HIIT the Water 10.00-10.25am	Cardio Waves 10.00-10.25am
Aquaflex 10.45-11.10am	Yoga H2O 10.45-11.10am	Aquagym 10.45-11.10am	HIIT the Water 10.45-11.10am	Aquagym 10.45-11.10am	Aquaflex 10.45-11.10am	Aquaflex 10.45-11.10am
Pilates H2O 11.30-11.55am	Aquagym 11.30-11.55am	Pilates H2O 11.30-11.55am	Aquagym 11.30-11.55am	Aquaflex 11.30-11.55am	Pilates H2O 11.30-11.55am	Yoga H2O 11.30-11.55am
Aquagym 3.00-3.25pm	Aquaflex 3.00-3.25pm	Yoga H2O 3.00-3.25pm	Aquaflex 3.00-3.25pm	Pilates H2O 3.00-3.25pm	Aquagym 3.00-3.25pm	Pilates H2O 3.00-3.25pm
HIIT the Water 4.00-4.25pm	Pilates H2O 4.00-4.25pm	Aquaflex 4.00-4.25pm	Yoga H2O 4.00-4.25pm	HIIT the Water 4.00-4.25pm	Yoga H2O 4.00-4.25pm	Aquagym 4.00-4.25pm

### OUTDOOR SESSIONS

Taking place daily		
<p><b>Beginners outdoor Workout</b> 10.30-11.15am</p>	<p><b>Countryside walk</b> 3.00-3.45pm</p>	<p><b>HIIT the Court</b> 4.00-4.30pm</p>