

HEART STUDIO

22nd-28th November 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	Coreboard 45 mins	LIFT 45 mins	Coreboard 45 mins	APEX Cycling* 45 mins	LIFT 45 mins	LIFT 45 mins	APEX Cycling* 45 mins
9:45	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	Step* Intermedia te 45 mins	Coreboard 45 mins	APEX Cycling* 45 mins	LIFT 45 mins
10:45	LIFT 45 mins	PULSE* 45 mins	LIFT 45 mins	PULSE* 45 mins	APEX Cycling* 45 mins	Coreboard 45 mins	Step* Intermedia te 45 mins
11:45	PULSE* 40 mins	Drums Alive 40 mins	PULSE* 40 mins	Drums Alive 40 mins	PULSE* 40 mins	Pilates Intermedia te 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	LIFT 45 mins	APEX Cycling* 45 mins	Coreboard 45 mins	LIFT 45 mins	APEX Cycling* 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

Please arrive 5 mins prior to the session start time

Please be aware that there is a cancellation charge of £5 for guests that have booked but not attended a fitness class.

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



SOUL STUDIO

22nd-28th November 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
10:00	Aerobic & Tone 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic & Tone 50 mins	Leg Tums & Bums 45 mins
11:00	Salsa 45 mins	Pilates Intermedia te 50 mins	Broadway 45 mins	Pilates Intermedia te 50 mins	Hatha Yoga 1 hour 11.30- 12.30	Pilates 50 mins	Jive 45 mins
14:00	Pilates Intermedi ate 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Beginners Hatha Yoga 1 hour	Pilates 50 mins	Fitness Yoga 45 mins	Pilates 50 mins
16:00	Ballet Barre 45 mins	Candlelig ht Stretch 45 mins	Ballet Barre 45 mins		Introduct ion to Tai Chi 30 mins 16.15- 16.45	Candlelig ht Stretch 45 mins	Ballet Barre 45 mins
17:00	Candlelig ht Stretch 45 mins	WAVE 30 mins	Candlelig ht Stretch 45 mins	Candlelig ht Stretch 45 mins	Candlelig ht Stretch 45 mins	WAVE 30 mins	Candlelig ht Stretch 45 mins
18.45	Advanced Pilates 45 mins	Static Circuits 45 mins	Fitness Yoga 45 mins	PULSE* 45 mins			

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Mindful
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EXERCISE POOL



22nd-28th November 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	Yoga H20 25 mins	Cardio Waves 25 mins	Aquagym 25 mins	Cardio Waves 25 mins	Yoga H20 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins
9:30	Aquaflex 25 mins	Pilates H20 25 mins	Aquaflex 25 mins	Pilates H20 25 mins		Aquagym 25 mins	Pilates H20 25 mins
10:00	Cardio Waves 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins	Aquaflex 25 mins	Cardio Waves <u>10.15-10.40am</u> 25 mins	HIIT the Water 25 mins	Cardio Waves 25 mins
10:45	Aquaflex 25 mins	Yoga H20 25 mins	HIIT the Water 25 mins	HIIT the Water 25 mins	Aquagym 25 mins	Aquaflex x 25 mins	Aquaflex 25 mins
11:30	Pilates H20 25 mins	Aquagym 25 mins	Pilates H20 25 mins	Aquagym 25 mins	Aquaflex 25 mins	Pilates H20 25 mins	Yoga H20 25 mins
15:00	Aquagym 25 mins	Aquaflex 25 mins	Yoga H20 25 mins	Aquaflex 25 mins	Pilates H20 25 mins	Aquagym 25 mins	Pilates H20 25 mins
16:00	HIIT the Water 25 mins	Pilates H20 25 mins	Aquaflex 25 mins	Yoga H20 25 mins	HIIT the Water 25 mins	Yoga H20 25 mins	Aquagym 25 mins

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OUTDOOR SESSIONS



TAKING PLACE DAILY

Countryside walk
3.00-3.45pm
Meet at the Bell