

FITNESS

TIMETABLE

14th-20th September

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	Jive 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- 4.10pm	Introduction to Tai Chi 3.45- 4.30pm	Sunset Stretch 3.45- 4.30pm	Introduction to Tai Chi 3.45- 4.10pm	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

Taking place daily

Beginners outdoor
Workout
10.30-11.15am
(excludes Tuesday)

Countryside walk
3.00-3.45pm

HIIT the Court
4.00-4.30pm

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

** 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.

14th-20th September

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	Intermediate Step ** 8.45-9.30am	Coreboard Conditioning 8.45-9.30am	Weights for Strength & Tone 8.45-9.30am	Step Circuit ** 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		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	Legs Tums & Bums 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	Static Circuits 5.45-6.30pm	Weights for Strength & Tone 5.45-6.30pm	Weights for Strength & Tone 5.45-6.30pm		

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