

26th October- 1st November

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 Fat Burner 10.15-11.00am | Pilates 10.15-11.00am | Aerobic and Tone 10.15-11.00am | Aerobic Fat Burner 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- 4.30pm | Tai Chi 3.45- 4.30pm | Sunset Stretch 3.45- 4.30pm | Introduction to Tai Chi 3.45- 4.15pm | 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.

26th October- 1st November

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 | 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 | Legs Tums & Bums 4.45-5.30pm | RUSH High Intensity Workout ** 4.45-5.30pm | Legs Tums & Bums 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 | Legs Tums & Bums 5.45-6.30pm | Coreboard Conditioning 5.45-6.30pm |

26th October- 1st November

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

**Countryside walk
3.00-3.45pm**