

HEART STUDIO

10th- 16th January 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:30	APEX 45 mins Spin	LIFT 45 mins	Coreboard 45 mins	Step* Intermediate 45 mins	APEX 45 mins Spin	LIFT 45 mins	PULSE* 45 mins HIIT
9:45	Coreboard 45 mins	APEX 45 mins Spin	APEX 45 mins Spin	APEX 45 mins Spin	Coreboard 45 mins	APEX 45 mins Spin	APEX 45 mins Spin
11:00	LIFT 45 mins	PULSE* 40 mins HIIT	LIFT 45 mins	PULSE* 40 mins HIIT	LIFT 45 mins	Coreboard 45 mins	Step* Intermediate 45 mins
12:15	PULSE* 40 mins HIIT	Drums Alive 40 mins	PULSE* 40 mins HIIT	Drums Alive 40 mins	PULSE* 40 mins HIIT	Pilates Intermediate 50 mins	LIFT 45 mins
16:45	Introduction to Tai Chi 30 mins	WAVE 30 mins		WAVE 30 mins		WAVE 30 mins	
17:45	LIFT 45 mins	APEX 45 mins Spin	Coreboard 45 mins	LIFT 45 mins	APEX 45 mins Spin	Legs Tums & Bums 45 mins	Coreboard 45 mins

Please book for all classes in advance, by booking in the Gym or calling Ext 318.

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.

Services and facilities are subject to change or withdrawal without notice.

Mindful
 Cardio
 Strength
 Dance



SOUL STUDIO

10th- 16th January 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 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Legs Tums & Bums 45 mins
11:30	Salsa 45 mins	Pilates Intermediate 50 mins	Broadway 45 mins	Pilates Intermediate 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Jive 45 mins
14:00	Pilates Intermediate 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Beginners Hatha Yoga 1 hour	Pilates 50 mins		Pilates 50 mins
15:00	Ballet Barre 45 mins		Ballet Barre 45 mins		Ballet Barre 45 mins		Ballet Barre 45 mins
16:00	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Stretch to Relax 40 mins	Candlelight Stretch 45 mins
17:00	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins
18.45	Yoga Flow Intermediate 45 mins	Static Circuits 45 mins	PULSE* 45 mins HIIT	Advanced Pilates 45 mins			

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EXERCISE POOL

10th- 16th January 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00	Yoga H2O 25 mins	Cardio Waves 25 mins	Aquagym 25 mins	Cardio Waves 25 mins	Yoga H2O 25 mins	Cardio Waves 25 mins	HIIT the Water 25 mins
9:30	Aquaflex 25 mins	Pilates H2O 25 mins	Aquaflex 25 mins	Pilates H2O 25 mins	HIIT the Water 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	HIIT the Water 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
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
2.00-2.45pm
Meet at the Bell