

HEART STUDIO

4th-10th July 2022

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	APEX 45 mins Spin	Step* Intermediate 45 mins	LIFT 45 mins	Step* Intermediate 45 mins	APEX 45 mins Spin	LIFT 45 mins	APEX 45 mins Spin
10:00	APEX 45 mins Spin	APEX 45 mins Spin	APEX 45 mins Spin	APEX 45 mins Spin	LIFT 45 mins	APEX 45 mins Spin	Step* Intermediate 45 mins
11:15	LIFT 45 mins	LIFT 45 mins	APEX 45 mins Spin	PULSE CIRCUITS* 40 mins	LIFT 45 mins	APEX 45 mins Spin	LIFT 45 mins
12:30	Candlelight Stretch 45 mins	Pilates Intermediate 50 mins	Candlelight Stretch 45 mins	Drums Alive 40 mins		Pilates Intermediate 50 mins	PULSE CIRCUITS* 40 mins
15:45	Tai Chi 50 mins				Tai Chi 50 mins		
16:45	Fitness Ball 45 mins	Beaming 45 mins	Fitness Ball 45 mins	Beaming 45 mins	APEX 45 mins Spin	PULSE CIRCUITS* 40 mins	Legs Tums & Bums 45 mins
17:45	LIFT 45 mins	APEX 45 mins Spin	LIFT 45 mins	PULSE CIRCUITS* 40 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

4th-10th July 2022

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45		Legs Tums & Bums 45 mins	Pilates 50 mins	Coreboard 45 mins			Pilates 50 mins
9:45	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
10:45	Pilates 50 mins		Fitness Yoga 45 mins	Legs Tums & Bums 45 mins	Coreboard 45 mins	Legs Tums & Bums 45 mins	Fitness Yoga 45 mins
11:45	Salsa 45 mins		Magical Musicals 45 mins	Pilates Intermediate 50 mins	Hatha Yoga 1 hour	Pilates 50 mins	Jive 45 mins
14:00	Pilates Intermediate 50 mins	Candlelight Yoga 1 hour	Pilates 50 mins	Beginners Hatha Yoga 50 mins	Pilates 50 mins	Hatha Yoga 1 hour	Pilates 50 mins
16:00		Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 40 mins 4.15-4.55pm	Candlelight Stretch 40 mins 4.15-4.55pm	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins
17:00	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Candlelight Stretch 45 mins	Fitness Yoga 45 mins	Coreboard 45 mins	PULSE CIRCUITS* 40 mins
18.45	Advanced Pilates 45 mins	PULSE CIRCUITS* 40 mins	Yoga Flow Intermediate 45 mins		Candlelight Stretch 45 mins 18.00-18.45	Candlelight Stretch 45 mins 18.00-18.45	Candlelight Stretch 45 mins 18.00-18.45

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EXERCISE POOL

4th-10th July 2022

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
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