

HEART STUDIO

11th-17th October 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:45	APEX Cycling* 45 mins	LIFT 45 mins	Coreboard 45 mins	Step* Intermediate 45 mins	Coreboard 45 mins	LIFT 45 mins	Step* Intermediate 45 mins
10:00	Coreboard 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins
11:15	LIFT 45 mins	PULSE* 45 mins	LIFT 45 mins	PULSE* 45 mins	LIFT 45 mins	Coreboard 45 mins	LIFT 45 mins
12:30	PULSE* 40 mins		PULSE* 40 mins	Drums Alive 40 mins	PULSE* 40 mins	Pilates Intermediate 50 mins	PULSE* 40 mins
16:30	Stretch to Relax 40 mins	Stretch to Relax 40 mins	Stretch to Relax 40 mins	Stretch to Relax 40 mins	Stretch to Relax 40 mins	Stretch to Relax 40 mins	Stretch to Relax 40 mins
17:30	LIFT 45 mins	APEX Cycling* 45 mins	Static Circuits 45 mins	LIFT 45 mins	APEX Cycling* 45 mins	Legs Tums & Bums 45 mins	Coreboard 45 mins
18.45	Yoga Flow Intermediate 45 mins	Coreboard 45 mins	Advanced Pilates 45 mins	PULSE* 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

11th-17th October 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 45 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 45 mins	Aerobic Fat Burner 45 mins	Leg 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
14:15	Pilates 50 mins	Fitness Yoga 45 mins	Pilates 50 mins	Beginners Hatha Yoga 1 hour	Pilates 50 mins	Fitness Yoga 45 mins	Pilates 50 mins
15:45	Tai Chi 45 mins	Candlelight Stretch 40 mins	Ballet Barre 45 mins	Candlelight Stretch 40 mins	Tai Chi 45 mins	Candlelight Stretch 40 mins	Ballet Barre 45 mins
17:00	Candlelight Stretch 40 mins	WAVE 30 mins	Candlelight Stretch 40 mins	WAVE 30 mins	Candlelight Stretch 40 mins	WAVE 30 mins	Candlelight Stretch 40 mins

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Please arrive 5 mins prior to the session start time

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** 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.

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Mindful
 Cardio
 Strength
 Dance



EXERCISE POOL

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	Aquagym 25 mins	Pilates H2O 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
15:00	Aquagym 25 mins	Aquaflex 25 mins	Yoga H2O 25 mins	Aquaflex 25 mins	Pilates H2O 25 mins	Aquagym 25 mins	Pilates 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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Please arrive 5 mins prior to the session start time

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OUTDOOR SESSIONS

TAKING PLACE DAILY

Countryside walk
3.00-3.45pm
Meet at the Bell