



# HEART STUDIO

29<sup>th</sup> November-5<sup>th</sup> December 2021

TIME	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>8:45</b>	APEX Cycling* 45 mins	LIFT 45 mins	Coreboard 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	Step* Intermediate 45 mins
<b>9:45</b>	Coreboard 45 mins	APEX Cycling* 45 mins	APEX Cycling* 45 mins	Step* Intermediate 45 mins	Coreboard 45 mins	LIFT 45 mins	APEX Cycling* 45 mins
<b>10:45</b>	LIFT 45 mins	PULSE* 45 mins	LIFT 45 mins	PULSE* 45 mins	LIFT 45 mins	Coreboard 45 mins	LIFT 45 mins
<b>11:45</b>	PULSE* 40 mins	Drums Alive 40 mins	PULSE* 40 mins	Drums Alive 40 mins	PULSE* 40 mins	Pilates Intermediate 50 mins	PULSE* 40 mins
<b>16:45</b>	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins	Stretch to Relax 45 mins
<b>17:45</b>	LIFT 45 mins	APEX Cycling* 45 mins	LIFT 45 mins	Coreboard 45 mins	PULSE* 40 mins	Legs Tums & Bums 45 mins	Coreboard 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

29<sup>th</sup> November-5<sup>th</sup> December 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
10:00	Aerobic & Tone 50 mins	Pilates 50 mins	Aerobic Fat Burner 45 mins	Pilates 50 mins	Aerobic & Tone 50 mins	Aerobic Fat Burner 45 mins	Leg Tums & Bums 45 mins
11:00	Salsa 45 mins	Pilates Intermediate 50 mins	Broadway 45 mins	Pilates Intermediate 50 mins	Hatha Yoga 1 hour <b>11.30-12.30</b>	Pilates 50 mins	Zumba 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
16:00	Ballet Barre 45 mins	Candlelight Stretch 45 mins	Ballet Barre 45 mins	Candlelight Stretch 45 mins	Introduction to Tai Chi 30 mins	Candlelight Stretch 45 mins	Ballet Barre 45 mins
17:00	Candlelight Stretch 45 mins	WAVE 30 mins	Candlelight Stretch 45 mins	WAVE 30 mins	Candlelight Stretch 45 mins	WAVE 30 mins	Candlelight Stretch 45 mins
18.45	Yoga Flow Intermediate 45 mins	Static Circuits 45 mins	Advanced Pilates 45 mins	PULSE* 45 mins			

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\*\* Indicates higher intensity classes. All other classes are mixed ability.

**Trainers must be worn for the majority of classes**

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Mindful
  Cardio
  Strength
  Dance



# EXERCISE POOL

29<sup>th</sup> November-5<sup>th</sup> December 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		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

**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.**

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## OUTDOOR SESSIONS

**TAKING PLACE DAILY**

Countryside walk  
2.00-2.45pm  
Meet at the Bell