

Monday 6th September – Sunday 3rd October

Monday...

	Start	Finish	Location	Teacher	Type
Boxing Circuits	07.00	07.45	Studio 1	Matt	▲
Pump n Sculpt	09.30	10.30	Studio 1	Maria	▼
Tai Chi 24 Form	10.30	11.30	Studio 1	David	≡
Studio Cycling	10.35	11.20	Cycle Studio	Maria	▲
Aqua	11.30	12.15	Pool	Sarah	▼
Ballet Stretch	11.30	12.30	Studio 1	Patrick	▼
Total Body Workout	12.30	13.30	Studio 1	Sarah	▼
Hatha Yoga	18.30	19.45	Studio 1	Annabel	≡
Studio Cycling	19.00	19.45	Cycle Studio	Patrick	▲
Pilates (Beginners)	19.45	20.45	Studio 1	Simona	≡

Tuesday...

Studio Cycling	09.30	10.15	Cycle Studio	Patrick	▲
Body Pump	10.30	11.30	Studio 1	Michelle	▼
Hatha Yoga	11.30	13.00	Studio 1	Annabel	≡
Pilates (Intermediate)	13.00	14.00	Studio 1	Anne	≡
Walking Group	14.00	14.30	Meet at Reception	No instructor	▼
Ab Attack	18.45	19.15	Studio 1	Chris	▼
Pump n Sculpt	19.15	20.15	Studio 1	Kirsty	▼
Total Body W/O + Ballet Stretch	20.15	21.15	Studio 1	Patrick	▼

Wednesday...

Boxing Circuits	07.00	07.45	Studio 1	Chris	▲
Aqua	09:15	10:00	Pool	Kirsty	▼
Studio Cycling	09.30	10.15	Cycle Studio	Rob	▲
Body Combat	09.30	10.30	Studio 1	Patrick	▲
Ab Attack	10.30	11.00	Studio 1	Patrick	▼
Total Body Workout	11.00	12.00	Studio 1	Patrick	▼
Stretch n Relax	12.00	13.00	Studio 1	Michele	≡
Pilates (Beginners)	13.00	14.00	Studio 1	Michele	≡
Studio Cycling	18.45	19.30	Cycle Studio	Richard	▲
Aqua	19.00	19.45	Pool	Sarah	▼
Dance Vibes	19.30	20.30	Studio 1	Patrick	▼

Thursday...

	Start	Finish	Location	Teacher	Type
Circuits	07.00	07.45	Studio 1	Kwame	▲
Aqua	09.30	10.15	Pool	Jacky	▼
Circuits	09.30	10.15	Studio 1	Rob	▲
Ashtanga Yoga	10.30	11.30	Studio 1	Louis	▼
Salsa	11.30	12.30	Studio 1	Patrick	▼
Pilates (Intermediate)	12.30	13.30	Studio 1	Anne	≡
Ballet	19.30	20.30	Studio 1	Louise	▼

Friday...

Studio Cycling	06.45	07.30	Cycle Studio	Richard	▲
Studio Cycling	09.30	10.15	Cycle Studio	Maria	▲
Fitness Yoga	09.30	10.30	Studio 1	Kirsty	≡
Tone and Tighten	10.30	11.30	Studio 1	Maria	▼
Aqua	11.30	12.15	Pool	Sarah	▼
BOSU	18.30	19.15	Studio 1	Elena	▼

Saturday...

Body Combat	09.00	10.00	Studio 1	Patrick	▲
Studio Cycling	09.00	10.00	Cycle Studio	Rob	▲
Body Pump	10.00	11.00	Studio 1	Patrick	▼
Yoga	11.00	12.30	Studio 1	Annabel	≡
Children's class (4-7 years)	14.00	15.00	Studio 1	Lauren	▼
Children's class (8-12 years)	15.00	16.00	Studio 1	Lauren	▼

Sunday...

Total Body Workout	09.30	10.30	Studio 1	Sarah	▼
Studio Cycling	10.30	11.30	Cycle Studio	Sarah	▲
Pilates (Beginners)	10.30	11.30	Studio 1	Simona	≡

Key...

▲ = High Energy ▼ = Low Impact Workout

≡ = Mind Body

Only classes marked as Intermediate are not suitable for beginners.