

## Monday 6th September - Sunday 3rd October

Monday	Start	Finish	Location	Teacher	Type
Boxing Circuits	07:00	07:45	Studio 1	Matt	HE
Pump n Sculpt	09:30	10:30	Studio 1	Maria	LIW
Tai Chi 24 Form	10:30	11:30	Studio 1	David	MB
Studio Cycling	10:35	11:20	Cycle Studio	Maria	HE
Aqua	11:30	12:15	Pool	Sarah	LIW
Ballet Stretch	11:30	12:30	Studio 1	Patrick	LIW
Total Body Workout	12:30	13:30	Studio 1	Sarah	LIW
Hatha Yoga	18:30	19:45	Studio 1	Annabel	MB
Studio Cycling	19:00	19:45	Cycle Studio	Patrick	HE
Pilates (Beginners)	19:45	20:45	Studio 1	Simona	MB

Tuesday	Start	Finish	Location	Teacher	Type
Studio Cycling	09:30	10:15	Cycle Studio	Patrick	HE
Body Pump	10:30	11:30	Studio 1	Michelle	LIW
Hatha Yoga	11:30	13:00	Studio 1	Annabel	MB
Pilates (Intermediate)	13:00	14:00	Studio 1	Anne	MB
Walking Group	14:00	14:30	Reception	No instructor -meet at reception.	
Ab Attack	18:45	19:15	Studio 1	Chris	LIW
Pump n Sculpt	19:15	20:15	Studio 1	Kirsty	LIW
Total Body W/Out + Ballet Stretch	20:15	21:15	Studio 1	Patrick	LIW

Wednesday	Start	Finish	Location	Teacher	Type
Boxing Circuits	07:00	07:45	Studio 1	Chris	HE
Aqua	09:30	10:15	Pool	Kirsty	LIW
Studio Cycling	09:30	10:15	Cycle Studio	Rob	HE
Body Combat	09:30	10:30	Studio 1	Patrick	HE
Ab Attack	10:30	11:00	Studio 1	Patrick	LIW
Total Body Workout	11:00	12:00	Studio 1	Patrick	LIW
Stretch n Relax	12:00	13:00	Studio 1	Michele	MB
Pilates (Beginners)	13:00	14:00	Studio 1	Michele	MB
Studio Cycling	18:45	19:30	Cycle Studio	Richard	HE
Aqua	19:00	19:45	Pool	Sarah	LIW
Dance Vibes	19:30	20:30	Studio 1	Patrick	LIW

Thursday	Start	Finish	Location	Teacher	Type
Circuits	07:00	07:45	Studio 1	Kwame	HE
Aqua	09:30	10:15	Pool	Jacky	LIW
Circuits	09:30	10:15	Studio 1	Rob	HE
Ashtanga Yoga	10:30	11:30	Studio 1	Louis	MB
Salsa	11:30	12:30	Studio 1	Patrick	LIW
Pilates (Intermediate)	12:30	13:30	Studio 1	Anne	MB
Ballet	19:30	20:30	Studio 1	Louise	LIW

Friday	Start	Finish	Location	Teacher	Type
Studio Cycling	06:45	07:30	Cycle Studio	Richard	HE
Studio Cycling	09:30	10:15	Cycle Studio	Maria	HE
Fitness Yoga	09:30	10:30	Studio 1	Kirsty	MB
Tone & Tighten	10:30	11:30	Studio 1	Maria	LIW
Aqua	11:30	12:15	Pool	Sarah	LIW
BOSU	18:30	19:15	Studio 1	Elena	LIW

Saturday	Start	Finish	Location	Teacher	Type
Body Combat	09:00	10:00	Studio 1	Patrick	HE
Studio Cycling	09:00	10:00	Cycle Studio	Rob	HE
Body Pump	10:00	11:00	Studio 1	Patrick	LIW
Yoga	11:00	12:30	Studio 1	Annabel	MB
Children's Class (4-7 years)	14:00	15:00	Studio 1	Lauren	FUN
Children's Class (8-12 years)	15:00	16:00	Studio 1	Lauren	FUN

Sunday	Start	Finish	Location	Teacher	Type
Total Body Workout	09:30	10:30	Studio 1	Sarah	LIW
Studio Cycling	10:15	11:15	Cycle Studio	Rebecca	HE
Pilates (Beginners)	10:30	11:30	Studio 1	Simona	MB

### KEY

**HE** - High Energy **LIW** - Low Impact Workout

**MB** - Mind & Body

Only classes marked as INTERMEDIATE are not suitable for beginners.