

**Monday 9th August - Sunday 5th September**

| 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   |
| Outdoor Combo Class | 10:35 | 11:20  | Meet reception | 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   | Chris   | 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    | structor -meet at reception. |      |
| Pump n Sculpt          | 19:30 | 20:30  | Studio 1     | Kirsty/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     | Victoria | 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   |

| 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.