

GROUP FITNESS TIMETABLE

Classes Highlighted in Yellow are temporary classes during our Gym Closure

Wednesday 24th November – Thursday 23rd December

MONDAY

07:00 – 07:45	Super Circuit	Stuart
09:15 – 10:15	Trim & Tone	Julie
10:15 – 11:00	Spin & Tone	Julie
11:00 – 11:45	Body Pump	Steve
12:30 – 14:00	Hatha Yoga	Luos
18:00 – 18:45	Spinning	Sarah
19:00 – 19:45	Body Combat	Sam
19:00 – 19:45	Aqua Aerobics	Chris
20:00 – 21:00	Pilates	Claire

TUESDAY

06:45 – 07:30	Body Pump	Tersia
09:00 – 09:45	Aqua Aerobics	Claire
09:15 – 10:00	HIIT STEP	Ruby
10:00 – 10:45	Clubbercise	Ruby
11:00 – 12:00	Pilates	Mo
12:15 – 13:15	Yoga	Lisa
17:15 – 18:00	Super Circuits	Fitness Team
18:15 – 19:00	Body Combat	Sam
19:15 – 20:00	Body Pump	Steve

WEDNESDAY

07:00 – 07:45	HIIT	Steve
09:15 – 10:00	Body Combat	Tracey
10:05 – 10:50	Body Pump	Tracey
11:30 – 12:30	Pilates	Claire
17:15 – 18:00	Metafit	Julie
18:00 – 18:45	Spinning	Julie
19:00 – 20:30	Yoga	Lisa

THURSDAY

07:00 – 07:45	Spinning	Lizzie
09:00 – 09:45	Aqua Aerobics	Claire
10:00 – 11:00	Trim & Tone	Claire
11:15 – 12:00	Body Pump	Steve
12:15 – 13:15	Yoga	Sue
17:30 – 18:00	Core Blimey	Fitness Team
18:00 – 19:00	Body Pump	Steve
19:00 – 19:45	Spinning	Steve

FRIDAY

07:00 – 07:45	Super Circuits	Fitness Team
09:15 – 10:00	Metabolic Madness	Tracey
10:00 – 10:45	Spinning	Steve
11:15 – 12:15	Yoga	Sue
17:00 – 17:45	Spinning	Steve
17:45 – 18:30	Body Pump	Steve
18:45 – 19:30	Body Combat	Sam

SATURDAY

08:15 – 09:00	Spinning	Steve
09:15 – 10:00	Body Pump	Steve
10:15 – 11:15	Body Combat	Sam
11:30 – 12:30	Stretch & Relax	Chris

SUNDAY

08:15 – 09:00	HIIT Circuit	Fitness Team
09:00 – 09:45	Spinning	Lizzie
16:30 – 17:30	Body Pump	Steve
17:30 – 18:15	Spinning	Steve

All classes are held in the studio
Aqua Aerobics is held in the main
pool.

Please Note: Class times & durations may have been altered in accordance with guidelines and restrictions.

BOOKING FOR ALL CLASSES IS ESSENTIAL
Please remember to cancel your place on a class if you are unable to attend

theclubandspa
AT DOUBLETREE BY HILTON CHESTER

