

CLASS TIMETABLE

MONDAY

- 09.30 - 10.15** **LBT**
with Louise
- 09.45 - 10.30** **Aqua**
with Angela
- 10.30 - 11.30** **Yoga**
with Louise
- 10.45 - 11.30** **Aqua**
with Angela
- 18.30 - 19.15** **Pilates**
with Cheryl
- 20.00 - 21.00** **Boxercise**
with Grant

TUESDAY

- 09.30 - 10.30** **Pilates**
with Cheryl
- 10.30 - 11.30** **Pilates**
with Cheryl
- 18.00 - 18.45** **Total Pump**
with Kane
- 18.45 - 19.30** **Spin**
with Dan

WEDNESDAY

- 09.15 - 09.45** **HIIT**
with Nathan
- 09.30 - 10.15** **Aqua**
with Zoe
- 09.45 - 10.30** **Zumba Gold**
with Eva
- 10.30 - 11.15** **LBT**
with Ann
- 10.30 - 11.15** **Aqua**
with Zoe
- 18.00 - 18.30** **Circuits**
with Nathan
- 19.00 - 19.45** **Spin**
with Darren

THURSDAY

- 09.30 - 10.30** **Pilates**
with Jo
- 10.30 - 11.30** **Pilates**
with Jo
- 18.00 - 18.30** **HIIT**
with Nathan
- 18.45 - 20.00** **Yoga**
with Louise

FRIDAY

- 09.00 - 09.30** **ABC**
with Kane
- 09.30 - 10.15** **LBT**
with Louise
- 11.15 - 12.15** **Pilates**
with Ann
- 18.30 - 19.15** **Pilates**
with Grant

SATURDAY

- 10.00 - 11.00** **Zumba**
with Eva

SUNDAY

- 09.30 - 10.30** **Zumba**
with Eva

Members can book 7 days in advance and non-members/hotel guests can book 6 days in advance by calling us on **01329 845 446**. Non-members/guests pay £8 per class.

