

# CLASS TIMETABLE

## MONDAY

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- 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

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- 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

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- 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

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- 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

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- 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

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

## SATURDAY

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- 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 845446**. Non-members/guests pay £8 per class.

