



## CALCOT SPA

### FITNESS TIMETABLE MONDAY 13<sup>TH</sup> – SUNDAY 26<sup>TH</sup> FEBRUARY

#### Monday 13<sup>th</sup> February

8:30 – 9:15	Cardio Burn	Kat
9:15 – 10:00	Body Conditioning	Kat
10:00 – 10:30	Stretch & Tone	Kat
17:45 – 18:30	Core Control	Andy
18:45 – 19:45	Indoor Bootcamp	Andy

#### Tuesday 14<sup>th</sup> February

8:30 – 9:15	H.I.I.T	Euan
9:15 – 10:00	Pilates	Euan
10:00 – 10:45	Aqua	Euan
18:00 – 18:45	Cardio Burn	Kat
18:45 – 19:30	Core Control	Kat

#### Wednesday 15<sup>th</sup> February

9:00 – 9:30	H.I.I.T	Euan
9:30 – 10:30	Body Conditioning	Euan
10:30 – 11:30	Nia Dance	Christine
11:30 – 12:30	Pilates	Karen
18:00 – 19:00	Aerobics	Andrea

#### Thursday 16<sup>th</sup> February

8:30 – 9:15	Aerobics	Andrea
9:15 – 10:00	Body Conditioning	Andrea
10:00 – 10:45	Aqua	Sally
18:00 – 18:45	Upper Body Blitz	Euan
18:45 – 19:15	H.I.I.T	Euan

#### Friday 17<sup>th</sup> February

9:00 – 9:45	Cardio Burn	Kat
9:45 – 10:30	Core Control	Kat
10:30 – 11:30	Pilates	Euan
18:00 – 18:45	X-Fit	Euan
18:45 – 19:45	Pilates	Karen



## CALCOT SPA

### Saturday 18<sup>th</sup> February

10:00 – 10:45 Kettlebell/TRX Karl

### Sunday 19<sup>th</sup> February

10:00 - 11:00 Body Conditioning Kat

18:30-19:30 Deep Relaxation Rob

### Monday 20<sup>th</sup> February

8:30 – 9:15 Cardio Burn Kat

9:15 – 10:00 Body Conditioning Kat

10:00 – 10:30 Stretch & Tone Kat

17:45 - 18:45 Pilates Karen

18:45 - 19:45 Indoor Bootcamp Andy

### Tuesday 21<sup>st</sup> February

8:30 – 9:15 H.I.I.T Karl

9:15 – 10:00 Body Conditioning Karl

10:00 - 10:45 Aqua Karl

18:00 – 18:45 Cardio Burn Kat

18:45 – 19:30 Core Control Kat

### Wednesday 22<sup>nd</sup> February

9:00 – 9:30 H.I.I.T Ryan

9:30 – 10:30 Body Conditioning Ryan

10:30 - 11:30 Nia Dance Christine

11:30 – 12:30 Pilates Karen

18:00 – 19:00 Circuits Karl

### Thursday 23<sup>rd</sup> February

8:30 – 9:15 H.I.I.T Karl

9:15 – 10:00 Body Conditioning Karl

10:00 - 10:45 Aqua Karl

12:00 – 13:15 Yoga Sam

18:00 – 18:45 Upper Body Blitz Ryan

18:45 – 19:15 H.I.I.T Ryan



## CALCOT SPA

### FITNESS TIMETABLE

#### Friday 24<sup>th</sup> February

9:00 – 9:45	Cardio Burn	Ryan
9:45 – 10:30	Core Control	Ryan
10:30 – 11:45	Yoga	Sam
18:00 – 18:45	X – Fit	Andy
18:45-19:30	Core Control	Andy

#### Saturday 25<sup>th</sup> February

10:00 – 10:45	Kettlebell/TRX	Ryan
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#### Sunday 26<sup>th</sup> February

10:00 – 11:00	Body Conditioning	Karl
18:30-19:30	Deep Relaxation	Rob