



**CALCOT SPA  
FITNESS  
TIMETABLE**



**Monday 10<sup>th</sup> – Sunday 16<sup>th</sup> December 2018**

**MONDAY**

07:00 – 07:30 Cardio Burn  
 08:00 – 08:45 Aerobics  
 09:00 – 09:45 Body Blitz  
 09:45 – 10:15 Core Control  
 10:45 – 11:30 Aerobic-Fit  
 13:00 – 13:45 20/20 Core & Stretch  
 18:00 – 19:00 Body Blitz  
 19:00 – 19:30 Box Fit

**THURSDAY**

08:00 – 08:45 Cardio Burn  
 09:00 – 09:45 Body Conditioning  
 10:00 – 11:00 Pathway to Pilates  
 10:00 – 10:45 Aqua  
 11:15 – 11:45 Body X  
 12:00 – 13:15 Yoga  
 14:00 – 14:30 Kettlebells  
 14:30 – 15:00 Core Control  
 17:45 – 18:30 Body Conditioning  
 18:30 – 19:30 Broga

**TUESDAY**

08:00 – 08:45 Body Conditioning  
 09:15 – 10:30 Yoga  
 09:45 – 10:30 Aqua  
 10:45 – 11:45 Pathways to Yoga  
 13:00 – 13:30 Core Control  
 18:00 – 18:45 Aerobic-Fit  
 19:00 – 20:00 Pilates

**FRIDAY**

07:00 – 07:30 Body Extreme  
 08:00 – 08:30 HIIT  
 08:45 – 09:30 Body Blitz  
 09:30 – 10:00 Stretch  
 10:30 – 11:45 Yoga  
 12:00 – 13:00 Broga  
 14:00 – 14:30 Box Fit  
 18:00 – 19:00 Indoor Circuits  
 19:00 – 19:30 Stretch

**WEDNESDAY**

07:00 – 07:30 HIIT  
 08:00 – 08:45 Cardio Burn  
 09:00 – 09:45 Body Conditioning  
 10:00 – 10:45 Dance Fitness  
 11:00 – 12:00 Yoga  
 13:00 – 13:45 Core 20/20 Stretch  
 18:00 – 18:30 HIIT  
 18:30 – 19:15 Body Conditioning

**SATURDAY**

08:00 – 08:30 Body X  
 10:30 – 11:15 Body Conditioning  
 13:30 – 14:00 Core Control  
 18:00 – 18:45 Cardio Burn

**SUNDAY**

08:00 – 08:30 HIIT  
 10:00 – 11:15 Yoga  
 13:30 – 14:00 Stretch  
 18:00 – 18:45 Body Conditioning

**Please remember to book into classes to avoid disappointment.**



**CLASS BOOKING**  
**01666 891232**  
 Calcot Spa, Near Tetbury, Gloucestershire GL8 8YJ

