



**CALCOT SPA
FITNESS
TIMETABLE**



Monday 3rd – Sunday 9th December 2018

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

Please remember to book into classes to avoid disappointment.



CLASS BOOKING
01666 891232
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