



CALCOT SPA **FITNESS** TIMETABLE



Monday 14th – Sunday 20th January 2019

MONDAY

07:00 – 07:30 Calorie Blast
08:00 – 08:45 Aerobics
09:00 – 10:00 Body Blitz
10:15 – 10:45 Core Control
18:00 – 19:00 Body Blitz
19:00 – 19:30 Strength & Conditioning

TUESDAY

08:00 – 08:45 Body Conditioning
09:15 – 10:30 Yoga
09:45 – 10:30 Aqua
10:45 – 11:45 Yoga for Improvers
12:00 – 13:15 Introduction to Yoga
18:00 – 18:45 Aerobics
19:00 – 20:00 Pilates

WEDNESDAY

07:00 – 07:30 HIIT
08:00 – 08:45 Calorie Blast
09:00 – 10:00 Body Blitz
10:00 – 10:45 Dance Fitness
11:00 – 12:00 Yoga
18:00 – 18:45 Strength & Conditioning
18:45 – 19:15 X-Fit

THURSDAY

08:00 – 08:45 Abs, Glutes & Thighs
09:00 – 09:45 Body Conditioning
10:00 – 11:00 Pathway to Pilates
10:00 – 10:45 Aqua
12:00 – 13:15 Yoga
18:00 – 19:00 Broga

FRIDAY

07:00 – 07:30 Body Extreme
08:00 – 09:00 Broga
09:15 – 10:15 Body Blitz
10:30 – 11:45 Yoga
18:00 – 19:00 Indoor Circuits
19:00 – 19:30 Stretch & Mobility

SATURDAY

10:30 – 11:15 Body Conditioning
18:00 – 18:45 Cardio Burn

SUNDAY

10:00 – 11:15 Yoga
18:00 – 18:45 Abs, Glutes & Thighs

Please remember to book into classes to avoid disappointment.

The Calcot Spa App is the easiest way to book!

