



Monday 7th – Sunday 13th January 2019

MONDAY

07:00 – 07:30 Calorie Blast – Luke
08:00 – 08:45 Aerobics – Tori
09:00 – 10:00 Body Blitz – Luke
10:15 – 10:45 Core Control – Matt

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

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

Please remember to book into classes to avoid disappointment.

The Calcot Spa App is the easiest way to book!

