



CALCOT SPA
FITNESS

TIMETABLE

Monday 11th February – Sunday 17th February 2019

MONDAY

07:00–07:30	Calorie Blast – Luke
08:00–08:45	Aerobics – Tori
09:00–10:00	Body Blitz – Luke
10:00–10:30	Core Control – Luke
18:00–19:00	Body Blitz – Andy
19:00–19:30	Stretch & Mobility – Andy

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 – Leon
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 – Luke
09:00–09:45	Body Blitz Upper – Luke
10:00–11:00	Pathway to Pilates – Neil
10:00–10:45	Aqua – Matt
12:00–13:15	Yoga – Sam
18:00–19:00	Broga – Leon
19:00–20:00	Yoga – Brigette

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 – Andy
18:00–18:45	Cardio Burn – Luke

SUNDAY

08:00–08:30	HIIT – Matt
10:00–11:15	Yoga – Saeunn
18:00–18:45	Abs, Glutes & Thighs – Andy

Please remember to book classes in good time to avoid disappointment.
The Calcot Spa App is the easiest way to book!