



CALCOT SPA
FITNESS

TIMETABLE

Monday 11th March – Sunday 17th March 2019

MONDAY

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

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
09:00–09:45 Body Conditioning
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 Blitz Upper
10:00–11:00 Pathway to Pilates
10:00–10:45 Aqua
12:00–13:15 Yoga
18:00–19:00 Broga
19:30–20:30 Yoga

FRIDAY

07:00–07:30 Body Extreme
08:00–09:00 Broga
09:15–10:00 Body Conditioning
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

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

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