



CALCOT SPA  
**FITNESS**

## TIMETABLE

Monday 4th March – Sunday 10th March 2019

### MONDAY

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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

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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

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07:00–07:30 HIIT – Leon  
08:00–08:45 Calorie Blast – Luke  
09:00–09:45 Body Conditioning – 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

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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  
19:30–20:30 Yoga – Molly

### FRIDAY

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

### SATURDAY

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

### SUNDAY

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08:00–08:30 HIIT – Luke  
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!