



# ALTERED IMAGES Studio Class Timetable Spring 2019

<b>MON</b>	<b>SPIN</b> 6.15-6.45 Spin Studio RACHEL	<b>LBT</b> 8.30-9.15 Studio 1 CARLA	<b>AquaFIT</b> 9.30-10.15 Poolside CARLA	<b>REBOUND CIRCUITS</b> 9.30-10.15 Studio 1 LAURA	<b>GYM &amp; TONING</b> 10.00-11.00 GYM ANDREW	<b>CORE</b> 10.15-10.45 Studio 1 CARLA	<b>ZUMBA</b> 10.45-11.30 Studio 1 Natalie	<b>PILATES</b> 11.30-12.30 Studio 1 PHIL	<b>TAI CHI</b> 12.30-13.30 Studio 1 MICHELLE		<b>Ketttlercise</b> 17.45-18.30 Studio 1 DEBS	<b>BOXERCISE</b> 18.30-19.30 Studio 1 NEIL	<b>SPIN</b> 18.30-19.15 Spin Studio DEBS	<b>AquaFIT</b> 18.45-19.30 Poolside RUBY	<b>YOGA</b> 19.30-20.35 Studio 1 LAURA A
<b>TUES</b>	<b>ASHTANGA YOGA</b> 8.30-9.15 Studio 1 DEBS	<b>EXPRESS SPIN</b> 8.45-9.15 Spin Studio TINA	<b>ZUMBA</b> 9.15-10.15 Studio 1 KATERINA	<b>AquaFIT</b> 9.30-10.15 Poolside RACHAEL	<b>Ketttlercise</b> 10.15-11.00 Studio 1 CARLA	<b>PILATES</b> 11.00-12.00 Studio 1 PHIL						<b>ZUMBA</b> 18.00-18.45 Studio 1 TINA	<b>Kettlebell Fit</b> 18.45-19.30 Studio 1 LAURA	<b>CIRCUITS</b> 19.30-20.30 Studio 1 LAURA	
<b>WED</b>	<b>BODYPUMP</b> 6.00-6.45 Studio 1 RACHEL	<b>YOGA</b> 8.30-9.15 Studio 1 RACHEL	<b>HARD Water</b> 9.30-10.15 Poolside CARLA	<b>Kettlebell Fit</b> 9.15 -10.00 Studio 1 LAURA	<b>DANCE</b> 10.00-10.45 Studio 1 FRANKIE	<b>SPIN</b> 10.30-11.15 Spin Studio RACHEL	<b>BODYBALANCE™</b> 10.45-11.45 Studio 1 JENNY	<b>AquaFIT</b> 12.30-13.15 Poolside RACHAEL						<b>BODYPUMP</b> 18.00-19.00 Studio 1 DEBBIE	<b>ZUMBA</b> 19.00-20.00 Studio 1 CLAIRE
<b>THURS</b>	<b>Ketttlercise</b> 8.30-9.20 Studio 1 CARLA	<b>CardioTONE</b> 9.30-10.30 Studio 1 CARLA	<b>AquaFIT</b> 9.30-10.15 Poolside LAURA	<b>PILATES</b> 10.45-11.45 Studio 1 RACHAEL									<b>Kettlebell Fit</b> 18.00-18.45 Studio 1 LAURA	<b>CIRCUITS</b> 19.00-20.00 Studio 1 LAURA	<b>BOXERCISE</b> 20.00-21.00 Studio 1 NEIL
<b>FRI</b>	<b>CORE</b> 6.00-6.30 Studio 1 RACHAEL	<b>AquaFIT</b> 9.30 -10.15 Poolside RACHAEL	<b>Ketttlercise</b> 9.30 -10.20 Studio 1 CARLA	<b>BODYBALANCE™</b> 12.30 -13.30 Studio 1 RACHAEL									<b>Kettlebell Fit</b> 18.00-18.30 Studio 1 LAURA	<b>METAFIT</b> 18.30-19.00 Studio 1 LAURA	<b>clubbercise</b> 19.00-20.00 Studio 1 Rachel
<b>SAT</b>	<b>AquaFIT</b> 9.00-9.45 Poolside DEBS	<b>SPIN</b> 8.30-9.15 Spin Studio ANDREW	<b>Kettlebell Fit</b> 9.15-10.00 Studio 1 LAURA	<b>BODYPUMP</b> 10.00-10.45 Studio 1 RACHEL	<b>ZUMBA</b> 10.45-11.45 Studio 1 TINA	<b>STRETCH</b> 11.45-12.45 Studio 1 TINA			<i>Classes with a ★ pre-book at Reception</i>						
<b>SUN</b>	<b>ASHTANGA YOGA</b> 9.15-10.20 Studio 1 DEBS	<b>TAI CHI</b> 10.30-11.30 Studio 1 MICHELLE	<b>ZUMBA</b> 11.30-12.30 Studio 1 CLAIRE												

**KEY TO EXERCISE CLASSES**

- Water Based exercises
- Strength & Conditioning
- Cardio based Fitness
- Hi-Intensity
- Toning Floor & Mat Work
- Mind Body & Stretching
- Weight Loss Group
- Body Pump