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|--------------|--|--|--|---|--|--|--|--|---|---|---|---|
| <b>Mon</b>   | LBT<br>8.30-9.15<br>Studio 1<br>CARLA                  | AquaFIT<br>9.30-10.15<br>Poolside<br>CARLA     | <b>CIRCUITS</b><br>9.30-10.15<br>Studio 1<br>LAURA | GYM & TONING<br>10.00-11.00<br>GYM<br>ANDREW      | clubbercise<br>10.45-11.30<br>Studio 1<br>CLAIRE | PILATES<br>11.30-12.30<br>Studio 1<br>PHIL   | TAI CHI<br>12.30-13.30<br>Studio 1<br>MICHELLE | Kettlebell Fit<br>17.45-18.30<br>Studio 1<br>LAURA   | <b>BOXERCISE</b><br>18.30-19.30<br>Studio 1<br>NEIL | SPIN<br>18.30-19.15<br>Spin Studio<br>ROB           | AquaFIT<br>18.45-19.30<br>Poolside<br>RUBY          | YOGA<br>19.30-20.35<br>Studio 1<br>LAURA A              |
| <b>Tues</b>  | EXPRESS SPIN<br>8.45-9.15<br>Spin Studio<br>TINA       | 9.15-10.15<br>Studio 1<br>KATERINA<br>         | AquaFIT<br>9.30-10.15<br>Poolside<br>RACHAEL       | Kettlercise<br>10.15-11.00<br>Studio 1<br>CARLA   | PILATES<br>11.00-12.00<br>Studio 1<br>PHIL       | <b>50% OFF</b>   |  |  | 18.00-18.45<br>Studio 1<br>TINA<br>                 | Kettlebell Fit<br>18.45-19.30<br>Studio 1<br>LAURA  | <b>metafit.</b><br>19.30-20.00<br>Studio 1<br>LAURA |   |
| <b>Wed</b>   | <b>Pump 'n Lift</b><br>6.00-6.45<br>Studio 1<br>RACHEL | YOGA<br>8.30-9.15<br>Studio 1<br>RACHEL        | HARD Water<br>9.30-10.15<br>Poolside<br>CARLA      | Kettlebell Fit<br>9.15-10.00<br>Studio 1<br>LAURA | 10.00-10.45<br>Studio 1<br>NATALIE<br>           |  |  |  | SPIN<br>10.30-11.15<br>Spin Studio<br>RACHEL        | AquaFIT<br>12.30-13.15<br>Poolside<br>RACHAEL       | <b>When YOU</b>                                     | <b>Pump 'n Lift</b><br>18.00-19.00<br>Studio 1<br>LAURA |
| <b>Thurs</b> | Kettlercise<br>8.30-9.20<br>Studio 1<br>CARLA          | Cardio Tone<br>9.30-10.30<br>Studio 1<br>CARLA | AquaFIT<br>9.30-10.15<br>Poolside<br>LAURA         | PILATES<br>10.45-11.45<br>Studio 1<br>JENNY       | <b>Join a friend this month!</b>                 |  |  | Kettlebell Fit<br>18.00-18.45<br>Studio 1<br>LAURA   | <b>CIRCUITS</b><br>19.00-20.00<br>Studio 1<br>LAURA | <b>BOXERCISE</b><br>20.00-21.00<br>Studio 1<br>NEIL |   |   |
| <b>Fri</b>   | CORE<br>6.00-6.30<br>Studio 1<br>RACHAEL               | AquaFIT<br>9.30-10.15<br>Poolside<br>RACHAEL   | Kettlercise<br>9.30-10.20<br>Studio 1<br>CARLA     | YOGA Flow<br>12.30-13.30<br>Studio 1<br>RACHAEL   |  |  |  | <i>Classes with a ★ please pre-book at Reception</i> |   |   | Kettlebell Fit<br>18.00-18.30<br>Studio 1<br>LAURA  | <b>metafit.</b><br>18.30-19.00<br>Studio 1<br>LAURA     |
| <b>Sat</b>   | AquaFIT<br>9.00-9.45<br>Poolside<br>KELLY              | SPIN<br>8.30-9.15<br>Spin Studio<br>ANDREW     | Kettlebell Fit<br>9.15-10.00<br>Studio 1<br>LAURA  | 10.45-11.45<br>Studio 1<br>TINA<br>               | STRETCH<br>11.45-12.45<br>Studio 1<br>TINA       | <b>KEY TO EXERCISE CLASSES</b><br>Water Based exercises<br>Toning Floor & Mat Work<br>Kettlercise Classes<br>Strength & Conditioning<br>Cardio based Fitness<br>Mind Body & Stretching<br>Spinning Classes<br>Weight Loss Group<br>HIIT Classes<br>Weights Classes |  |  |   |   |   |   |
| <b>Sun</b>   | YOGA<br>9.15-10.20<br>Studio 1<br>JESS                 | TAI CHI<br>10.30-11.30<br>Studio 1<br>MICHELLE | 11.13-12.30<br>Studio 1<br>CLAIRE<br>              | <b>Timetable of Exercise Classes Autumn 2019</b>  |  |  | <b>Brand New member classes coming soon!</b>   |  |   |   |   |   |
|              |  |  |  |   |  |  |  |  |   | <b>874395</b>                                       |   |   |