

CLASS TIMETABLE

MONDAY

11.00–11.30	Box Fit
11.30–12.00	Stretch and Core
12.00–12.30	Skin Care

AB ATTACK

A moderate tempo class that will focus energy towards the abs using body and free weight exercises. Perfect if you are looking for that toned stomach.

TUESDAY

11.00–11.30	Kickboxing
11.30–12.00	Stretch and Core
12.00–12.30	Skin care

Personal training
£40 for 1 to 1 or
Group session

2pm–3pm
3pm–4pm

YOGA

Relaxing and spiritual classes offering peace and calm to the body and mind using yogic stretches and concentrated breathing to relax and strengthen. Followed by a mind and body meditation section.

WEDNESDAY

10.30–12.00	Yoga & Meditation
12.00–12.30	Skin Care

KICKBOXING

A class taught by a former British Champion. A great full body workout designed to improve general fitness and body toning. Great for self defence!

THURSDAY

11.00–11.30	Box Fit
11.30–12.00	Stretch and Core
12.00–12.30	Skin Care

Personal training
£40 for 1 to 1 or
Group session

2pm–3pm
3pm–4pm

SKIN CARE

Look after your skin with advice and guidance from one of our knowledgeable therapists. Provided with homecare routines to aid with skin quality.

FRIDAY

11.00–11.30	Kickboxing
11.30–12.00	Stretch and Core
12.00–12.30	Skin Care

Personal training
£40 for 1 to 1 or
Group session

2pm–3pm
3pm–4pm

WEIGHTED WORKOUT

Shape and tone the body in an easy to follow strength and endurance class. Also includes step .
All fitness abilities welcome.

SATURDAY

11.00–11.30	Kickboxing
11.30–12.00	Stretch and Core
12.00–12.30	Skin Care

Personal training
£40 for 1 to 1 or
Group session

2pm–3pm
3pm–4pm

BOX FIT

Using pads and power, this class focuses on improving fitness with boxing. Release your energy and improve your technique. All fitness abilities welcome.

SUNDAY

10.30–12.00	Yoga
12.00–12.30	Skin Care

STRETCH AND CORE

A great class if you wish to improve overall flexibility and posture as well as improving core strength. This 30 mins class will make you feel toned and supple .

PLEASE MAKE YOUR BOOKING AT THE UTOPIA SPA RECEPTION.

Classes are subject to availability and holiday periods.