

# THE COACH HOUSE

HEALTH CLUB & SPA

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## Monday

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<b>8:30am</b>	
Mobility	Coach House Studio
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Iyengar Yoga with Anastasia	Coach House Studio
<b>11:15am</b>	
Pilates with Anna	Coach House Studio
<b>2:00pm</b>	
Boxing with Rudi	Coach House Gym
<b>5:15pm</b>	
Trail Running	Coach House Main Entrance
<b>6:00pm</b>	
Cross Training	Coach House Gym

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## Tuesday

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<b>8:30am</b>	
Secret to a Strong Back	Coach House Studio
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Pilates with Sophie	Coach House Studio
<b>11:15am</b>	
Yoga with Mel	Coach House Studio
<b>2:00pm</b>	
Beaverbrook Hiking Group	Coach House Reception
<b>3:30pm</b>	
Qigong & Tai Chi with Liz	Coach House Reception
<b>5:15pm</b>	
Run/Outdoor Training	Coach House Main Entrance
<b>6:00pm</b>	
Cross Training	Coach House Gym

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## Wednesday

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<b>8:00am</b>	
Run/Outdoor Training	Coach House Main Entrance
<b>8:45am</b>	
Pilates with Helen	Coach House Studio
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Pilates with Helen	Coach House Studio
<b>10:00am</b>	
Boxing with Rudi	Coach House Gym
<b>11:15am</b>	
Yoga	Coach House Studio
<b>2:00pm</b>	
Yoga Breath Work	Coach House Studio
<b>5:30pm</b>	
Mobility	Coach House Studio
<b>6:00pm</b>	
Cross Training	Coach House Gym

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## Thursday

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<b>8:00am</b>	
Run/Outdoor Training	Coach House Main Reception
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Pilates with Sophie	Coach House Studio
<b>10:00am</b>	
CycleFit	Coach House Gym
<b>11:15am</b>	
Yoga with Sophie	Coach House Studio
<b>2:00pm</b>	
Yoga with Sophie	Coach House Studio
<b>5:30pm</b>	
Mobility	Coach House Gym
<b>6:00pm</b>	
Cross Training	Coach House Gym

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## Friday

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<b>8:00am</b>	
Run/Outdoor Training	Coach House Main Entrance
<b>8:45am</b>	
Pilates with Mary	Coach House Studio
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Boxing with Rudi	Coach House Gym
<b>10:00am</b>	
Yoga	Coach House Studio
<b>11:15am</b>	
Pilates with Steph	Coach House Studio
<b>2:00pm</b>	
Yoga Breath Work	Coach House Studio
<b>5:30pm</b>	
Mobility	Coach House Studio
<b>6:00pm</b>	
Cross Training	Coach House Gym

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## Saturday

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<b>8:30am</b>	
Simply Stretch	Coach House Studio
<b>9:00am</b>	
Cross Training	Coach House Gym
<b>10:00am</b>	
Pilates	Coach House Studio
<b>11:15am</b>	
Yoga	Coach House Studio

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## Sunday

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<b>9:30am</b>	
Free Movement	Coach House Studio
<b>10:00am</b>	
Cross Training	Coach House Gym
<b>11:00am</b>	
Boxing with Rudi	Coach House Gym