



CALCOT SPA
FITNESS

TIMETABLE

Monday 1st April – Sunday 7th April 2019

MONDAY

07:00–07:30	Calorie Blast – Luke
08:00–08:45	Aerobics – Tori
09:00–10:00	Body Blitz – Dave
10:00–10:30	Core Control – Dave
18:00–19:00	Body Blitz – Andy
19:00–19:30	Stretch & Mobility – Andy

TUESDAY

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

07:00–07:30	HIIT – Leon
08:00–08:45	Calorie Blast – Andy
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 – Dave
18:45–19:15	X-Fit – Dave

THURSDAY

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 – Tori
12:00–13:15	Yoga – Sam
18:00–19:00	Broga – Leon
19:30–20:30	Yoga – Molly

FRIDAY

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

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

SUNDAY

08:00–08:30	HIIT – Luke
10:00–11:15	Yoga – Saeunn
18:00–18:45	Abs, Glutes & Thighs – Dave

Please remember to book classes in good time to avoid disappointment.
The Calcot Spa App is the easiest way to book!



CALCOT SPA
FITNESS

TIMETABLE

Monday 8th April – Sunday 14th April 2019

MONDAY

07:00–07:30	Calorie Blast
08:00–08:45	Body Conditioning
09:00–10:00	Body Blitz
10:00–10:30	Core Control
18:00–19:00	Body Blitz
19:00–19:30	Stretch & Mobility

TUESDAY

08:00–08:45	Body Conditioning
09:15–10:30	Yoga
09:45–10:30	Aqua
10:45–11:45	Yoga for Improvers
12:00–13:15	Introduction to Yoga
19:00–20:00	Pilates

WEDNESDAY

07:00–07:30	HIIT
08:00–08:45	Calorie Blast
09:00–09:45	Body Conditioning
10:00–10:45	Dance Fitness
11:00–12:00	Yoga
18:00–18:45	Strength & Conditioning
18:45–19:15	X-Fit

THURSDAY

08:00–08:45	Abs, Glutes & Thighs
09:00–09:45	Body Blitz Upper
10:00–11:00	Pathway to Pilates
10:00–10:45	Aqua
12:00–13:15	Yoga
18:00–19:00	Broga
19:30–20:30	Yoga

FRIDAY

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

SATURDAY

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

SUNDAY

08:00–08:30	HIIT
10:00–11:15	Yoga
18:00–18:45	Abs, Glutes & Thighs

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