



CALCOT SPA  
**FITNESS**

## TIMETABLE

Monday 13<sup>th</sup> May – Sunday 19<sup>th</sup> May 2019

### MONDAY

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07:00–07:30	Box Fit – Luke
08:00–08:45	Aerobics – Tori
09:00–10:00	Body Blitz – Luke
10:00–10:30	Core Control – Luke
18:00–19:00	Body Blitz – Andy
19:00–19:30	Cardio Burn – Andy

### TUESDAY

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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
18:00–18:30	Combat – Dave
19:00–20:00	Pilates – Neil

### WEDNESDAY

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07:00–07:30	TRX – 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
19:00–19:30	Fit Ball – Dave

### THURSDAY

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08:00–08:45	Abs, Glutes & Thighs – Luke
10:00–10:45	Aqua – Tori
10:00–11:00	Pilates – Neil
12:00–13:15	Yoga – Sam
18:00–18:45	Aerobics – Tori
19:00–20:00	Yoga – Sharon

### FRIDAY

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07:00–07:30	Body Extreme – Andy
08:00–09:00	20/20/20 – Andy
09:15–10:00	Body Conditioning – Andy
10:30–11:45	Yoga – Sam
15:00–16:00	Tennis Coaching – Joe
18:00–19:00	Rig-Tastic – Leon
19:00–19:30	Stretch & Mobility – Leon

### SATURDAY

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10:30–11:15	Body Conditioning – Dave
18:00–19:00	Gym Technique Workshop – Leon

### SUNDAY

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08:00–08:30	Body Extreme – Leon
09:30–10:30	Tennis Coaching – Joe
10:00–11:15	Yoga – Saeunn
18:00–19:00	Gym Technique Workshop – 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 20<sup>th</sup> May – Sunday 26<sup>th</sup> May 2019

### MONDAY

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07:00–07:30	Box Fit
08:00–08:45	Aerobics
09:00–10:00	Body Blitz
10:00–10:30	Core Control
18:00–19:00	Body Blitz
19:00–19:30	Cardio Burn

### TUESDAY

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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
18:00–18:30	Combat
19:00–20:00	Pilates

### WEDNESDAY

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07:00–07:30	TRX
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
19:00–19:30	Fit Ball

### THURSDAY

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08:00–08:45	Abs, Glutes & Thighs
10:00–10:45	Aqua
10:00–11:00	Pilates
12:00–13:15	Yoga
18:00–18:45	Aerobics
19:00–20:00	Yoga

### FRIDAY

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07:00–07:30	Body Extreme
08:00–09:00	20/20/20
09:15–10:00	Body Conditioning
10:30–11:45	Yoga
15:00–16:00	Tennis Coaching

### SATURDAY

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10:30–11:15	Body Conditioning
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### SUNDAY

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08:00–08:30	Body Extreme
09:30–10:30	Tennis Coaching
10:00–11:15	Yoga
18:00–19:00	Gym Technique Workshop

Please remember to book classes in good time to avoid disappointment.  
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