



CALCOT SPA
FITNESS

TIMETABLE

Monday 9th September – Sunday 15th September 2019

MONDAY

07:00–07:30	Box Fit – Lara
08:00–08:45	Aerobics – Tori
09:00–10:00	Body Blitz – Lara
10:00–10:30	Core Control – Lara
10:45–11:45	Tai Chi – Craig
18:00–19:00	Body Blitz – Andy
19:00–19:30	Cardio Burn – 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	Calorie Blast – Lara
19:00–20:00	Pilates – Penny

WEDNESDAY

07:00–07:30	TRX – Leon
08:00–08:45	Calorie Blast – Luke
09:00–09:45	Body Conditioning – Leon
18:00–18:45	Strength & Conditioning – Lara
19:00–19:30	Run Club – Lara

THURSDAY

08:00–08:45	Aerobics – Tori
09:00–09:45	Abs, Glutes & Thighs – Tori
10:00–10:45	Aqua – Tori
10:00–11:00	Pilates – Penny
12:00–13:15	Yoga – Sam
19:00–20:00	Yoga – Sharon

FRIDAY

07:00–07:30	Body Extreme – Andy
08:00–09:00	20/20/20 – Leon
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 – Luke
19:00–19:30	Stretch & Mobility – Luke

SATURDAY

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

08:00–08:30	Body Extreme – Luke
09:30–10:30	Tennis Coaching – Joe
10:00–11:15	Yoga – Saeunn

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 16th September – Sunday 22nd September 2019

MONDAY

07:00–07:30	Box Fit
08:00–08:45	Aerobics
09:00–10:00	Body Blitz
10:00–10:30	Core Control
10:45–11:45	Tai Chi
18:00–19:00	Body Blitz
19:00–19:30	Cardio Burn

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
18:00–18:45	Calorie Blast
19:00–20:00	Pilates

WEDNESDAY

07:00–07:30	TRX
08:00–08:45	Calorie Blast
09:00–09:45	Body Conditioning
18:00–18:45	Strength & Conditioning
19:00–19:30	Run Club

THURSDAY

08:00–08:45	Aerobics
09:00–09:45	Abs, Glutes & Thighs
10:00–10:45	Aqua
10:00–11:00	Pilates
12:00–13:15	Yoga
19:00–20:00	Yoga

FRIDAY

07:00–07:30	Body Extreme
08:00–09:00	20/20/20
09:15–10:00	Body Conditioning
10:30–11:45	Yoga
17:30–18:30	Tennis Coaching
18:00–19:00	Rig-Tastic
19:00–19:30	Stretch & Mobility

SATURDAY

10:30–11:15	Body Conditioning
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SUNDAY

08:00–08:30	Body Extreme
10:00–11:15	Yoga

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