



CALCOT SPA
FITNESS

TIMETABLE

Monday 16th March – Sunday 22nd March 2020

MONDAY

07:00–07:30	Box Fit – Alasdair
08:00–08:45	Aerobics – Tori
09:00–10:00	Body Blitz – Alasdair
10:00–10:30	Core Control – Alasdair
10:45–12:00	Tai Chi – Craig
18:00–19:00	Body Blitz – Andy

TUESDAY

08:00–08:45	Body Conditioning – Andy
09:15–10:30	Yoga – Sam
09:45–10:30	Aqua – Tori
10:45–11:45	Yoga – Sam
12:00–13:15	Introduction to Yoga – Sam
18:00–18:45	Cardio Burn – Gina
19:15–20:15	Pilates – Penny

WEDNESDAY

07:00–07:30	TRX – Andy
08:00–08:45	Calorie Blast – Andy
09:00–09:45	Body Conditioning – Andy
10:00–10:45	Dry Aqua – Andy
11:00–12:00	Yoga – Saeunn
18:00–18:45	Strength & Conditioning – Gina

THURSDAY

08:00–08:45	Aerobics – Tori
09:00–09:45	Abs, Glutes & Thighs – Gina
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Tori
12:00–13:15	Yoga – Sam
18:00–19:00	20/20/20 – Alasdair
19:00–20:00	Yoga – Sharon

FRIDAY

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
18:00–19:00	Indoor Bootcamp – Alasdair
19:00–19:30	Stretch & Mobility – Alasdair

SATURDAY

10:30–11:15	Body Conditioning – Alasdair
-------------	------------------------------

SUNDAY

08:00–08:30	Body Extreme – Kelvin
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 23rd March – Sunday 29th March 2020

MONDAY

07:00–07:30	Box Fit
08:00–08:45	Aerobics
09:00–10:00	Body Blitz
10:00–10:30	Core Control
10:45–12:00	Tai Chi
18:00–19:00	Body Blitz

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	Cardio Burn
19:15–20:15	Pilates

WEDNESDAY

07:00–07:30	TRX
08:00–08:45	Calorie Blast
09:00–09:45	Body Conditioning
10:00–10:45	Dry Aqua
11:00–12:00	Yoga
18:00–18:45	Strength & Conditioning

THURSDAY

08:00–08:45	Aerobics
09:00–09:45	Abs, Glutes & Thighs
10:00–11:00	Pilates
10:00–10:45	Aqua
12:00–13:15	Yoga
18:00–19:00	20/20/20
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
18:00–19:00	Indoor Bootcamp
19:00–19:30	Stretch & Mobility

SATURDAY

10:30–11:15	Body Conditioning
-------------	-------------------

SUNDAY

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

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