



CALCOT SPA
FITNESS

TIMETABLE

Monday 14th September – Sunday 20th September 2020

MONDAY

07:00–07:30	Box Fit – Tom
08:00–08:45	Zumba – Jen
09:00–09:45	Body Blitz – Tom
10:00–10:30	Metafit – Jen
10:45–11:30	Supple Strength – Jen
18:00–19:00	Body Blitz – Andy

TUESDAY

08:00–08:45	Body Conditioning – Andy
09:15–10:30	Yoga – Sam
10:00–10:45	Aqua – Jen
10:45–11:45	Yoga for Improvers – 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	HIIT – Tom
08:00–08:45	Calorie Blast – Andy
09:00–09:30	WOD – Tom
09:45–10:45	Tai Chi – Craig
10:00–11:00	Aqua – Andy
11:00–12:00	Yoga – Salacia
18:00–18:45	Strength & Con – Greg

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Jen
09:00–09:45	Zumba – Jen
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Jen
12:00–13:15	Yoga – Sam
18:00–18:45	15/15/15 – Tom
19:00–20:00	Yoga – Georgia

FRIDAY

07:00–07:30	Body Extreme – Greg
08:00–09:00	20/20/20 – Gina
09:15–10:00	Body Conditioning – Greg
10:30–11:45	Yoga – Salacia
18:00–18:45	Strong by Z – Jen
19:00–19:30	Metafit – Jen

SATURDAY

10:30–11:15	Weekend Warrior – Tom <i>(Meet at the Outdoor Gym)</i>
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SUNDAY

08:00–08:45	Weekend Warrior – Gina <i>(Meet at the Outdoor Gym)</i>
10:00–11:00	Yoga – Salacia

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 21st September – Sunday 27th September 2020

MONDAY

07:00–07:30	Box Fit – Tom
08:00–08:45	Zumba – Jen
09:00–09:45	Body Blitz – Tom
10:00–10:30	Metafit – Jen
10:45–11:30	Supple Strength – Jen
18:00–19:00	Body Blitz – Alasdair

TUESDAY

08:00–08:45	Body Conditioning – Tom
09:15–10:30	Yoga – Sam
10:00–10:45	Aqua – Jen
10:45–11:45	Yoga for Improvers – Sam
12:00–13:15	Introduction to Yoga - Sam
18:00–18:45	Cardio Burn – Greg
19:15–20:15	Pilates – Penny

WEDNESDAY

07:00–07:30	HIIT – Tom
08:00–08:45	Calorie Blast – Tom
09:00–09:30	WOD – Tom
09:45–10:45	Tai Chi – Craig
11:00–12:00	Yoga – Salacia
18:00–18:45	Strength & Conditioning – Alasdair

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Jen
09:00–09:45	Zumba – Jen
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Alasdair
12:00–13:15	Yoga – Sam
18:00–18:45	15/15/15 – Tom
19:00–20:00	Yoga – Georgia

FRIDAY

07:00–07:30	Body Extreme – Alasdair
08:00–09:00	20/20/20 – Gina
09:15–10:00	Body Conditioning – Alasdair
10:30–11:45	Yoga – Sam
18:00–18:45	Strong by Z – Jen
19:00–19:30	Metafit – Jen

SATURDAY

10:30–11:15	Weekend Warrior – Alasdair <i>(Meet at the Outdoor Gym)</i>
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SUNDAY

08:00–08:45	Weekend Warrior – Jen <i>(Meet at the Outdoor Gym)</i>
10:00–11:00	Yoga – Salacia

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