



CALCOT SPA
FITNESS

TIMETABLE

Monday 2nd November – Sunday 8th November 2020

MONDAY

07:00–07:45	Box Fit – Greg
08:00–08:45	Zumba - Jen
09:00–09:45	Body Blitz – Greg
09:15–10:00	Running Club – Gina
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 – Gina
10:45–11:45	Yoga for Improvers – Sam
12:00–13:15	Introduction to Yoga – Sam
18:00–18:45	Cardio Burn – Greg
19:00–20:00	Pilates – Penny

WEDNESDAY

07:00–07:30	HIIT – Tom
08:00–08:45	Calorie Blast – Alasdair
09:00–09:30	WOD – Tom
09:45–10:45	Tai Chi – Craig
10:00–11:00	Aqua – Alasdair
11:00–12:00	Yoga – Salacia
12:15–13:15	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 – Gina
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 – Charlotte
08:00–09:00	20/20/20 – Tom
09:15–10:00	Body Conditioning – Charlotte
10:30–11:45	Yoga – Sam
12:00–13:15	Yoga - Sam
18:00–18:45	Strong by Z - Jen
19:00–20:00	Yoga - Georgia

SATURDAY

10:30–11:15	Weekend Warrior – Greg <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>
09:00–09:45	Running Club – Gina
10:00–11:00	Yoga – Salacia
11:15–12:15	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 9th November – Sunday 15th November 2020

MONDAY

07:00–07:45	Box Fit – Greg
08:00–08:45	Zumba – Jen
09:00–09:45	Body Blitz – Greg
09:15–10:00	Running Club - Gina
10:00–10:30	Metafit – Jen
10:45–11:30	Supple Strength – Jen
12:00–13:00	Yoga - Wave
18:00–19:00	Body Blitz – Charlotte

TUESDAY

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

WEDNESDAY

07:00–07:30	HIIT – Tom
08:00–08:45	Calorie Blast – Charlotte
09:00–09:30	WOD – Tom
09:45–10:45	Tai Chi – Craig
10:00–11:00	Aqua – Charlotte
11:00–12:00	Yoga – Salacia
12:15–13:15	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 – Charlotte
08:00–09:00	20/20/20 – Tom
09:15–10:00	Body Conditioning – Charlotte
10:30–11:45	Yoga – Sam
12:00–13:15	Yoga - Sam
18:00–18:45	Strong by Z – Jen
19:00–20:00	Yoga – Georgia

SATURDAY

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

08:00–08:45	Weekend Warrior – Tom <i>(Meet at the Outdoor Gym)</i>
09:00–09:45	Running Club – Gina
10:00–11:00	Yoga – Salacia
11:15–12:15	Yoga - Salacia

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