



CALCOT SPA
FITNESS

TIMETABLE

Monday 21st December – Sunday 27th December 2020

MONDAY

07:00–07:45	HIIT – 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 Zoom – Sam
10:00–10:45	Aqua – Charlotte
18:00–18:45	Cardio Burn – Greg

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
18:00–18:45	Strength & Con – Greg

THURSDAY – Christmas Eve

09:00–09:45	Abs, Glutes & Thighs – Alasdair
10:00–10:45	Aqua – Alasdair
12:00–13:15	Yoga - Sam

FRIDAY – Christmas Day

SATURDAY – Boxing Day

10:45–11:30	Body Conditioning - Tom
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SUNDAY

08:00–08:45	Weekend Warrior – Jen (Meet at the Outdoor Gym)
10:00–11:00	Yoga - Saeum

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 28th December – Sunday 3rd January 2020

MONDAY

07:00–07:45	HIIT – 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

TUESDAY

08:00–08:45	Body Conditioning – Charlotte
09:15 –10:30	Yoga - Saeum
10:00–10:45	Aqua – Alasdair
18:00–18:45	Cardio Burn – Greg

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 - Saeum
18:00–18:45	Strength & Con– Greg

THURSDAY – New Year's Eve

09:00–09:45	Abs, Glutes & Thighs - Jen
10:00–10:45	Aqua – Jen

FRIDAY – New Year's Day

09:15–10:00	Body Conditioning – Jen
10:15–10:45	Strong by Z - Jen

SATURDAY

08:00–08:45	Weekend Warrior – Charlotte <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
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!