



CALCOT SPA
FITNESS

TIMETABLE

Zoom Class Timetable Monday 3rd May – Sunday 9th May

MONDAY

08:00–08:45	Zumba - Jen
09:00–09:45	Body Blitz - Beth
10:00–10:45	Supple Strength - Jen
18:00–18:45	Body Conditioning - Charlotte

TUESDAY

08:00–08:45	Body Conditioning – Charlotte
09:15–10:30	Yoga - Sam
18:00–18:45	Cardio Burn - Alasdair
19:00–20:00	Pilates - Penny

WEDNESDAY

08:00–08:45	Calorie Blast – Tom
09:45–10:45	Tai Chi - Craig
11:00–12:00	Yoga - Salacia
18:00–18:45	Body Conditioning - Beth

THURSDAY

08:00–08:45	Abs, Glutes & Thighs - Jen
09:00–09:45	Zumba - Jen
10:00–11:00	Pilates - Penny
12:00–13.15	Yoga - Sam
18:00–18:45	Body Blitz - Tom

FRIDAY

09:15–10:00	Body Conditioning - Charlotte
10:30–11:45	Yoga - Sam
18:00–18:45	Strong by Z - Jen

SATURDAY

09:00 – 09:45	HIIT - Jen
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SUNDAY

10:00 – 11:00	Yoga - Salacia
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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

Zoom Class Timetable Monday 10th May – Sunday 16th May

MONDAY

08:00–08:45	Zumba - Jen
09:00–09:45	Body Blitz - Beth
10:00–10:45	Supple Strength - Jen
18:00–18:45	Body Conditioning - Charlotte

TUESDAY

08:00–08:45	Body Conditioning - Charlotte
09:15–10:30	Yoga - Sam
18:00–18:45	Cardio Burn - Alasdair
19:00–20:00	Pilates - Penny

WEDNESDAY

08:00–08:45	Calorie Blast - Tom
09:45–10:45	Tai Chi - Craig
11:00–12:00	Yoga - Salacia
18:00–18:45	Body Conditioning - Beth

THURSDAY

08:00–08:45	Abs, Glutes & Thighs - Gina
09:00–09:45	Dance Fitness - Gina
10:00–11:00	Pilates - Penny
12:00–13:15	Yoga - Sam
18:00–18:45	Body Blitz - Tom

FRIDAY

09:15–10:00	Body Conditioning - Charlotte
10:30–11:45	Yoga - Sam
18:00–18:45	Strong by Z - Jen

SATURDAY

09:00 – 09:45	HIIT – Beth
10:00 – 10:45	Bootcamp – Beth

SUNDAY

10:00 – 11:00	Yoga - Salacia
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CALCOT SPA
FITNESS

TIMETABLE

Monday 17th May – Sunday 23rd May 2021

MONDAY

07:00–07:30	HIIT – Beth
08:00–08:45	Body Blitz – Beth
09:00–09:45	Zumba – Jen
10:00–10:45	Supple Strength – Jen
18:00–18:45	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 - Alasdair
19:00–20:00	Pilates – Penny

WEDNESDAY

07:00–07:30	HIIT – Tom
08:00–08:45	Calorie Blast – Charlotte
09:00–09:30	Abs Blast – Tom
09:45–10:45	Tai Chi – Craig
10:00–10:45	Aqua – Charlotte
11:00–12:00	Yoga – Salacia
18:00–18:45	Strength & Con – Beth

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	Stronger, Fitter, Faster – Tom
19:00–19:45	Yoga – Georgia

FRIDAY

07:00–07:30	Body Extreme – Charlotte
08:00–08:45	Kettlebells – Tom
09:00–09:45	Body Conditioning – Charlotte
10:30–11:45	Yoga – Sam
12:00–13:15	Yoga – Sam
18:00–18:45	Body Blitz – Jen

SATURDAY

10:30–11:15	Weekend Warrior - Jen <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>
10:00–11.00	Yoga <i>(On the Lawn)</i>

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CALCOT SPA
FITNESS

TIMETABLE

Monday 24th May – Sunday 30th May 2021

MONDAY

07:00–07:30	HIIT – Beth
08:00–08:45	Body Blitz – Beth
09:00–09:45	Zumba – Jen
10:00–10:45	Supple Strength – Jen
18:00–18:45	Body Blitz – Charlotte

TUESDAY

08:00–08:45	Body Conditioning - Charlotte
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 - Alasdair
19:00–20:00	Pilates – Penny

WEDNESDAY

07:00–07:30	HIIT – Tom
08:00–08:45	Calorie Blast – Charlotte
09:00–09:30	Abs Blast – Tom
09:45–10:45	Tai Chi – Craig
10:00–10:45	Aqua – Charlotte
11:00–12:00	Yoga – Salacia
18:00–18:45	Strength & Con – Beth

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	Stronger, Fitter, Faster – Tom
19:00–19:45	Yoga – Georgia

FRIDAY

07:00–07:30	Body Extreme – Charlotte
08:00–08:45	Kettlebells – Tom
09:00–09:45	Body Conditioning – Charlotte
10:30–11:45	Yoga – Sam
12:00–13:15	Yoga – Sam
18:00–18:45	Body Blitz – 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 – Charlotte <i>(Meet at the Outdoor Gym)</i>
10:00–11:00	Yoga <i>(On the Lawn)</i>

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