



CALCOT SPA
FITNESS

TIMETABLE

Monday 12th July – Sunday 18th July 2021

MONDAY

07:00–07:30	HIIT – Beth
08:00–08:45	Body Blitz – Alasdair
09:00–09:45	Aerobics - Beth
11:00–12:00	Pilates - Penny
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 – Alasdair
08:00–08:45	Calorie Blast – Gina
09:00–09:30	Abs Blast – Alasdair
09:45–10:45	Tai Chi – Craig
10:00–10:45	Aqua – Gina
11:00–12:00	Yoga – Salacia
18:00–18:45	Strength & Con – Beth

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Alasdair
09:00–09:45	Dance Fitness - Michelle
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Michelle
12:00–13.15	Yoga – Saeunn
19:00–20:00	Yoga – Saeunn

FRIDAY

07:00–07:30	BodyExtreme – Beth
08:00–08:45	Kettlebells - Gina
09:00–09:45	Body Conditioning – Beth
10:30–11:45	Yoga – Saeunn
12:00–13:15	Yoga – Saeunn
18:00–18:45	Body Blitz – Michelle

SATURDAY

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

08:00–08:45	Weekend Warrior – Michelle <i>(Meet at the Outdoor Gym)</i>
10:00–11.00	Yoga - Saeunn <i>(On the Lawn)</i>

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 19th July – Sunday 25th July 2021

MONDAY

07:00–07:30	HIIT – Beth
08:00–08:45	Body Blitz – Michelle
09:00–09:45	Aerobics - Beth
11:30–12:30	Pilates - Penny
18:00–18:45	Body Blitz – Alasdair

TUESDAY

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

WEDNESDAY

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

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Gina
09:00–09:45	Dance Fitness - Gina
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
19:00–20:00	Yoga – Saeunn

FRIDAY

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

SATURDAY

10:30–11:15	Weekend Warrior – Michelle <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 - Salacia <i>(On the Lawn)</i>

Please remember to book classes in good time to avoid disappointment.
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CALCOT SPA FITNESS

TIMETABLE

Monday 26th July – Sunday 1st August 2021

MONDAY

07:00–07:30	HIIT – Alasdair
08:00–08:45	Body Blitz – Alasdair
09:00–09:45	Dance Fitness - Michelle
11:30–12:30	Pilates - Penny
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 – Gina
11:00–12:00	Yoga – Saeunn
18:00–18:45	Strength & Con – Alasdair

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Michelle
09:00–09:45	Dance Fitness - Michelle
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Michelle
12:00–13.15	Yoga – Sam
19:00–20:00	Yoga – Saeunn

FRIDAY

07:00–07:30	BodyExtreme – Beth
08:00–08:45	Kettlebells - Gina
09:00–09:45	Body Conditioning – Beth
10:30–11:45	Yoga – Sam
12:00–13:15	Yoga – Sam
18:00–18:45	Body Blitz – Michelle

SATURDAY

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

08:00–08:45	Weekend Warrior – Michelle (Meet at the Outdoor Gym)
10:00–11.00	Yoga - Salacia (On the Lawn)

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CALCOT SPA
FITNESS

TIMETABLE

Monday 2nd August – Sunday 8th August 2021

MONDAY

07:00–07:30	HIIT – Beth
08:00–08:45	Body Blitz – Michelle
09:00–09:45	Aerobics - Beth
11:30–12:30	Pilates - Penny
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 - Michelle
19:00–20:00	Pilates – Penny

WEDNESDAY

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

THURSDAY

08:00–08:45	Abs, Glutes & Thighs – Michelle
09:00–09:45	Dance Fitness - Michelle
10:00–11:00	Pilates – Penny
10:00–10:45	Aqua – Michelle
12:00–13:15	Yoga – Sam
18:00–18:45	Stronger, Fitter, Faster – Tom
19:00–20:00	Yoga – Saeunn

FRIDAY

07:00–07:30	Body Extreme – Michelle
08:00–08:45	Kettlebells – Tom
09:00–09:45	Body Conditioning – Michelle
10:30–11:45	Yoga – Saeunn
12:00–13:15	Yoga – Saeunn
18:00–18:45	Body Blitz – Alasdair

SATURDAY

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

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

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