



CALCOT SPA
FITNESS

TIMETABLE

Monday 11th October – Sunday 17th October 2021

MONDAY

| | |
|-------------|------------------------|
| 07:00–07:45 | Box Fit – Beth |
| 08:00–08:45 | Body Blitz – Michelle |
| 09:00–09:45 | Aerobics - Beth |
| 10:00–11:00 | Yoga - Salacia |
| 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 – Charlotte |
| 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 |

FRIDAY

| | |
|-------------|-------------------------------|
| 07:00–07:30 | BodyExtreme –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 – Michelle |

SATURDAY

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

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.
The Calcot Spa App is the easiest way to book!



CALCOT SPA
FITNESS

TIMETABLE

Monday 18th October – Sunday 24th October

MONDAY

| | |
|-------------|------------------------|
| 07:00–07:45 | Box Fit – Beth |
| 08:00–08:45 | Body Blitz – Michelle |
| 09:00–09:45 | Aerobics - Beth |
| 10:00–11:00 | Yoga - Salacia |
| 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 – 07:45 | 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 |
| 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 - Jesse |

FRIDAY

| | |
|-------------|-------------------------------|
| 07:00–07:30 | BodyExtreme – 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 – Michelle |

SATURDAY

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

SUNDAY

| | |
|-------------|---|
| 08:00–08:45 | Weekend Warrior – Charlotte <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 25th October – Sunday 31st October 2021

MONDAY

| | |
|-------------|------------------------|
| 07:00–07:45 | Box Fit – Beth |
| 08:00–08:45 | Body Blitz – Michelle |
| 09:00–09:45 | Aerobics - Beth |
| 10:00–11:00 | Yoga - Salacia |
| 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 |
| 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 – Jesse |

FRIDAY

| | |
|-------------|-------------------------------|
| 07:00–07:30 | BodyExtreme –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 – Michelle |

SATURDAY

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

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> |

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

TIMETABLE

Monday 1st November – Sunday 7th November 2021

MONDAY

| | |
|-------------|------------------------|
| 07:00–07:45 | Box Fit – Beth |
| 08:00–08:45 | Body Blitz – Michelle |
| 09:00–09:45 | Aerobics - Beth |
| 10:00–11:00 | Yoga - Salacia |
| 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 – Charlotte |
| 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 – Jesse |

FRIDAY

| | |
|-------------|-------------------------------|
| 07:00–07:30 | BodyExtreme –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 – Alasdair |

SATURDAY

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

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> |

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