

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Functional 40 7 - 7.45am		Functional 40 7 - 7.45am			HIIT 8 - 8.45am	
Vinyasa Yoga 9.15 - 10.15am					Yoga 9 - 10am	Circuits 10 - 10.45am
Kettlebells 5 - 5.45pm	Yoga 4 - 5pm		Fitball 5 - 5.45pm	Slow Flow Yoga 4 - 5pm	Spinning 10 - 10.45am	
	All Abs 6 - 6.45pm	Functional 40 6 - 6.45pm	Spinning 6 - 6.45pm	Functional 40 6 - 6.45pm		
HIIT 7 - 7.30pm	Spinning 7 - 7.45pm	Yoga 7 - 8pm	Circuits 7 - 7.45pm			Kettlebells 7 - 7.45pm

YOGA - Deep relaxation class including breath control, simple meditation, and the adoption of specific bodily postures.

HIIT - Join in on a high-intensity interval training aimed to build strength, agility and fitness levels through short bursts of different exercises.

FITBALL - FitBall classes are great for BALANCE AND CORE STABILITY. Using a FitBall and weights to work on your core strength and stability to tighten and tone your abs. This class is excellent for improving your balance and posture.

CIRCUITS - Intense workout for immense results. We'll put you through your paces, with high-energy interval training, designed to push you that little bit further and encourage a bit of healthy competition.

KETTLEBELLS - Kettlebells offer a different kind of training using dynamic movements which target almost every aspect of fitness, endurance, strength, balance, agility and cardio endurance.

ALL ABS - Get better strength and posture. This low-impact class uses a range of innovative equipment and your own body weight to develop a stronger core.

FUNCTIONAL 40 - A constantly varied, high intensity class composed of lots of functional fun movements. All designed to get the heart rate up and burn a ton of calories!

Classes are also available to be booked for a one to one basis. Speak to a member of the gym team or spa reception to find out more.

All group classes are free to members and hotel guests
- Book in via the spa reception or online portal
For more information, please see a member of the gym team.