

FITNESS CLASS TIMETABLE

All group classes are free to members and hotel guests
- Classes must be pre-booked in via the spa reception or online portal to ensure your space. For more information, please see a member of the gym team.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Functional 40 6 - 6.45am	HIIT 7 - 7.45am	Functional 40 6 - 6.45am	Kettlebell Conditioning 7 - 7.45am	Kettlebells Strength & Skills 7 - 7.45am	Bootcamp 7 - 7.45am
Functional 40 7 - 7.45am	Glute Workout 9.15 - 10am	Functional 40 7 - 7.45am	Bootcamp 9.15 - 10am	HIIT 9.15 - 10am	Yoga 8 - 9am
Functional 40 8 - 8.45am	Yoga 10 - 11am	Functional 40 8 - 8.45am			Yoga 9 - 10am
Yoga 9.15 - 10.15am		Functional 40 9 - 9.45am		Yoga 3 - 4pm	Body Sculpt 10 - 11am
		Functional 40 4 - 4.45pm		Yoga 4 - 5pm	
	Yoga 4 - 5pm	Functional 40 5 - 5.45pm		Functional 40 5 - 5.45pm	
Kettlebell Strength & Skills 5 - 5.45pm	HIIT 5 - 5.45pm	Functional 40 6 - 6.45pm	Glute Workout 5 - 5.45pm	Functional 40 6 - 6.45pm	
Kettlebell Conditioning 6 - 6.45pm	Body Sculpt 6 - 6.45pm	Yoga 7 - 8pm	HIIT 6 - 6.45pm	Functional 40 7 - 7.45pm	
Glute Workout 7 - 7.45pm	Kettlebells Strength & Skills 7 - 7.45pm	Functional 40 8 - 9pm	Core 6.50 - 7.45pm	Functional 40 8 - 8.45pm	