

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	SUNDAY
Functional 40 6 - 6.45am		Functional 40 6 - 6.45am				
Functional 40 7 - 7.45am	HIIT 7 - 7.45am	Functional 40 7 - 7.45am	Spinning 7 - 7.45am	Kettlebells Strength & Skills 7 - 7.45am	Spinning 7 - 7.45am	
	Spinning 8 - 8.45am		Kettleball Conditioning 8 - 8.45am	Spinning 8 - 8.45am	Bootcamp 8 - 8.45am	
Yoga 9.15 - 10.15am	Glute Workout 9.15 - 10am		Bootcamp 9 - 9.45am	HIIT 9.15 - 10am	Yoga 9 - 10am	Yoga 9 - 10am (From May 30 th)
			Yoga 10 - 11am			
	Yoga 4 - 5pm			Yoga 4 - 5pm		
Kettlebell Conditioning 5 - 5.45pm	HIIT 5 - 5.45pm	Functional 40 5 - 5.45pm	Glute Workout 5 - 5.45pm	Functional 40 5 - 5.45pm		
Spinning 6 - 6.45pm	Kettlebell Conditioning 6 - 6.45pm	Functional Body Building 6 - 6.45pm	Spinning 6 - 6.45pm	Functional 40 6 - 6.45pm		
Glute Workout 7 - 7.45pm	Spinning 7 - 7.45am	BARRE 7 - 8pm	CORE 7 - 7.30pm			
		Yoga 8 - 9pm				