

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
			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 - 7.45pm	Yoga 7 - 8pm	CORE 7 - 7.30pm			
		BARRE 8 - 9pm				

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!

YOGA

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

KETTLEBELLS STRENGTH & SKILLS

A class dedicated to the exercises unique to the kettlebell whilst building full body strength with this versatile piece of equipment. A slower paced class to kettlebell conditioning, focusing on the specific techniques and incorporating them into a challenging workout.

GLUTE WORKOUT

A class to build strong and shapely glutes and lower body. A combination of resistance and body weight exercises focusing on building lower body lean muscle with functional strength.

KETTLEBELLS CONDITIONING

A full body workout combining endurance, strength, power and flexibility work to improve total body strength and stamina. This class will help improve total body strength and condition, posture, core strength, aerobic fitness and burn a whole load of calories!

BOOTCAMP

A fun circuit style class that's high in intensity. The workout is aimed at improving aerobic fitness and functional strength, combining a variety of resistance stations, weights with body weight exercises.

HIIT

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

BALLET BARRE

Barre draws principles from Barre Technique, Ballet, Dance & Yoga. This super fun, no pressure workout works the whole body, focusing on building strength, tone, flexibility and full body control. No previous dance experience needed.

CORE

Designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles and increase flexibility.

SPINNING

An indoor cycling class designed for all fitness levels. The intensity of your ride is under control, allowing you to work at a pace that is right for you.

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