



# Class Timetable

## Monday, 16 December

07:30 - 08:30	<b>VINYASA Flow Yoga</b>	Emma Bardoli	WELLBEING ROOM
09:00 - 10:00	<b>HATHA Yoga</b>	Emma Bardoli	WELLBEING ROOM
11:00 - 12:00	<b>Yoga - Level 1</b>	Emma Roughley	WELLBEING ROOM
17:45 - 18:30	<b>Circuits</b>	Tom Hoare	WELLBEING ROOM
18:45 - 19:30	<b>Legs, Tums &amp; Bums</b>	Tom Hoare	WELLBEING ROOM

## Tuesday, 17 December

09:00 - 10:00	<b>Pilates</b>	Ann Crowther	WELLBEING ROOM
10:00 - 11:00	<b>Legs, Tums &amp; Bums</b>	Ann Crowther	WELLBEING ROOM
17:45 - 18:30	<b>Beginners Core</b>	Tom Hoare	WELLBEING ROOM
18:45 - 19:45	<b>Box Fit</b>	Tom Hoare	WELLBEING ROOM

## Wednesday, 18 December

08:30 - 09:15	<b>Kettle Bells</b>	Ann Crowther	WELLBEING ROOM
09:30 - 10:15	<b>Sculpt &amp; Sizzle</b>	Ann Crowther	WELLBEING ROOM
10:30 - 11:30	<b>Pilates</b>	Ann Crowther	WELLBEING ROOM
18:00 - 18:45	<b>Circuits</b>	Tom Hoare	WELLBEING ROOM
19:00 - 20:00	<b>Legs, Tums &amp; Bums</b>	Tom Hoare	WELLBEING ROOM

## Thursday, 19 December

07:00 - 07:45	<b>HIIT</b>	Tom Hoare	WELLBEING ROOM
09:30 - 10:30	<b>Box Fit</b>	Tom Hoare	WELLBEING ROOM
17:45 - 18:30	<b>Yoga Level 2-3</b>	Emma Roughley	WELLBEING ROOM
18:30 - 19:30	<b>Yoga Flow</b>	Emma Bardoli	WELLBEING ROOM
18:30 - 19:30	<b>Yoga Flow</b>	Emma Bardoli	WELLBEING ROOM

## Friday, 20 December

07:00 - 07:45	<b>HIIT</b>	Tom Hoare	WELLBEING ROOM
09:00 - 09:45	<b>Tone Zone</b>	Ann Crowther	WELLBEING ROOM
10:00 - 11:00	<b>Pilates</b>	Ann Crowther	WELLBEING ROOM
11:05 - 12:05	<b>Yoga - Level 1</b>	Emma Roughley	WELLBEING ROOM

To book a class online

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Visit: [MerchantsManor.clubm.mobi](https://MerchantsManor.clubm.mobi)

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Call: 01326312734

Email: [info@merchantsmanor.com](mailto:info@merchantsmanor.com)

Or speak to somebody at reception.