



MERCHANTS
MANOR

Class Timetable

Monday, 03 February

08:00 - 08:45	Circuit	Nicola Oldale	WELLBEING ROOM
09:00 - 10:00	HATHA Yoga	Emma Bardoli	WELLBEING ROOM
17:00 - 17:30	Induction	Tom Hoare	GYM
17:45 - 18:30	Circuits	Tom Hoare	WELLBEING ROOM
18:45 - 19:30	Legs, Tums & Bums	Tom Hoare	WELLBEING ROOM
19:30 - 20:00	Induction	Tom Hoare	GYM
20:00 - 20:30	Gym Programme	FULLY BOOKED	

Tuesday, 04 February

08:00 - 08:45	Circuit	Nicola Oldale	WELLBEING ROOM
09:00 - 10:00	Balance	Emma Bardoli	WELLBEING ROOM
17:00 - 17:30	Induction	Tom Hoare	GYM
17:45 - 18:30	Beginners Core	Tom Hoare	WELLBEING ROOM
18:45 - 19:45	Box Fit	Tom Hoare	WELLBEING ROOM

Wednesday, 05 February

17:30 - 18:00	Induction	Tom Hoare	GYM
18:00 - 18:45	Circuits	Tom Hoare	WELLBEING ROOM
19:00 - 20:00	Legs, Tums & Bums	Tom Hoare	WELLBEING ROOM
20:00 - 20:30	Induction	Tom Hoare	GYM

Thursday, 06 February

08:30 - 09:15	HIIT	Tom Hoare	WELLBEING ROOM
09:30 - 10:30	Box Fit	Tom Hoare	WELLBEING ROOM
10:30 - 11:00	Induction	Tom Hoare	GYM
18:30 - 19:30	Yoga Flow	Emma Bardoli	WELLBEING ROOM

Friday, 07 February

08:30 - 09:15	HIIT	Tom Hoare	WELLBEING ROOM
10:30 - 11:00	Induction	Tom Hoare	GYM

To book a class online

Visit: MerchantsManor.clubm.mobi

Call: 01326312734

Email: info@merchantsmanor.com

Or speak to somebody at reception.