

Updated: 21 September 2020
 All classes will be held at The Coniston Spa



THE CONISTON HOTEL
 COUNTRY ESTATE & SPA

The Coniston Spa Class Timetable

	MORNING			AFTERNOON			EVENING	
MONDAY	Indoor Cycling 07:15 – 07:45	Hydro Circuits 08:00 – 08:45	20/20/20 10:00 – 11:00	Barbell Blast 11:30 – 12:00	Indoor Cycling 13:30 – 14:15	-	Indoor Cycling 17:30 – 18:15	-
TUESDAY	Barbell Blast 07:15 – 07:45	Hydro Circuits 08:00 – 08:45	Legs, Bums & Tums 10:00 – 10:45	Kettlebells 11:15 – 12:00	Body Conditioning 13:30 – 14:15	-	Indoor Cycling 17:30 – 18:15	20/20/20 18:30 – 19:30
WEDNESDAY	Indoor Cycling 07:15 – 07:45	Hydro Circuits 08:00 – 08:45	20/20/20 10:00 – 11:00	-	Indoor Cycling 13:30 – 14:15	-	Indoor Cycling 18:00 – 18:45	Kettlebells 19:00 – 19:45
THURSDAY	Body Conditioning 07:15 – 07:45	-	Legs, Bums & Tums 10:00 – 10:45	Kettlebells 11:00 – 11:45	Body Conditioning 13:30 – 14:15	-	-	-
FRIDAY	Indoor Cycling 07:15 – 07:45	-	20/20/20 10:00 – 11:00	-	Indoor Cycling 13:30 – 14:15	-	-	-
SATURDAY	Indoor Cycling 08:30 – 09:00	-	Legs, Bums & Tums 09:30 – 10:15	-	-	-	-	-
SUNDAY	Indoor Cycling 08:30 – 09:00	-	20/20/20 09:30 – 10:30	Kettlebells 11:00 – 11:30	-	-	-	-