

Class Timetable from 4<sup>th</sup> February, 2019

Monday	Class	Difficulty	Instructor	Location
07.00 – 08.00	Spin & Tone	3	Ria	Studio 2
08.00 – 08.45	Spin & Condition	3	Ria	Studio 2
09.00 – 09.45	Step	3	Ria	Studio 2
09.45 – 10.30	Body Conditioning	2	Ria	Studio 2
10.45 – 11.45	Beginners Yoga	1	Joy	Studio 1
12.00 – 13.00	Mixed Ability Yoga	2	Joy	Studio 1
16.00 – 17.00	Stretch & Strengthen	1	Rob	Studio 1
17.15 – 18.15	Circuits	2-3	Rob	Studio 1
17.30 – 18.30	Tai Chi	2	Stuart	Studio 2
18.30 – 19.00	HIIT training	3	Rob	Studio 2
19.00 – 19.30	Kick Fit	2-3	Rob	Studio 2
19.00 – 20.00	Advanced Pilates	3	Angela	Studio 1
Tuesday	Class	Difficulty	Instructor	Location
07.00 – 07.55	Gym Cardio	3	Ria	Gym
08.00 – 08.30	Kettle Bell	2	Ria	Studio 1
08.45 – 09:30	Flex & Stretch	1	Ria	Studio 1
09.30 – 10.15	All Over Tone	2	Ria	Studio 1
10.15 – 11.00	Dance Mix	2-3	Ria	Studio 2
10.30 – 12.00	Ladies Tennis Morning	2	Matt	Indoor Tennis Courts
11.30 – 12.15	Aqua Aerobics	1-2	Ria	Indoor Pool
16.00 – 17.00	TRX & Kettle Bell Training	2-3	Rob	Studio 1
17.15 – 18.15	Circuits	2-3	Rob	Studio 1
18.30 – 19.15	Spinning	3	Rob	Studio 2
19.15 – 20.30	Mixed Ability Yoga	2	Suzie	Studio 1
Wednesday	Class	Difficulty	Instructor	Location
07:00 - 07.45	Fat Burn	3	Martin	Studio 1
08.00 – 08.30	Fit Ball	2	Martin	Studio 1
08.30 – 09.00	Spinning	3	Martin	Studio 2
09.00 – 09:45	Aerobic	2	Steph	Studio 1
09.45 – 10:30	Ballet Fit	2	Steph	Studio 1
11.00 – 12.00	Beginners Pilates	1	Steph	Studio 1
12.00 – 13.00	Intermediate Pilates	2	Steph	Studio 1
17.00 – 17.45	Core Conditioning	2	Rob	Studio 1
18.15 – 19.00	Spinning	3	Rob	Studio 2
19.15 – 20.00	Box Fit	2-3	Rob	Studio 1
Thursday	Class	Difficulty	Instructor	Location
07.00 - 07.45	Spinning	3	Ria	Studio 2
08.00 – 08.30	TRX	3	Ria	Studio 1
08.45 – 09.30	Flex and Stretch	1	Ria	Studio 1
09.30 – 10.15	All over tone	2	Ria	Studio 1
10.15 – 11.00	Step	3	Ria	Studio 2
11.30 – 12.15	Aqua Aerobics	1-2	Ria	Indoor Pool
13.30 – 14.30	Mixed Ability Yoga	2	Jules	Studio 1
18.30 – 19.30	Beginner Pilates	1	Angela	Studio 1
19.30 – 20.30	Intermediate Pilates	2	Angela	Studio 1
Friday	Class	Difficulty	Instructor	Location
07.15 – 08.00	HIIT training	3	Martin	Studio 1
08.00 – 8.30	Fit Ball	2	Martin	Studio 1
08.30 – 09.00	Circuits	3	Martin	Studio 2
09.00 – 10.00	Advanced Pilates	3	Steph	Studio 1
10.00 – 11.00	Mixed Ability Pilates	2	Steph	Studio 1
11.00 – 12.30	Ladies Tennis Coaching Morning	2	Matt	Indoor Tennis courts
11.15- 12.00	Aqua Aerobics	1-2	Steph	Indoor pool
13.30 – 15.00	Ladies Afternoon Tennis	2	Matt	Indoor Tennis courts
17.00- 17.30	Spinning	3	Steph	Studio 2
17.45 – 18.30	HIIT Training	3	Steph	Studio 1
Saturday	Class	Difficulty	Instructor	Location
08.45 – 09.45	Mixed Ability Yoga	2	Suzie	Studio 1
09.00 – 10.00	Beach walk	1	Aicha	Meet at Spa Entrance
10.00 – 10.30	Tone	2	Aicha	Studio 2
10.30 – 11:00	Dance Aerobic	3	Aicha	Studio 2
11.30 – 12.15	Aqua Aerobics	1-2	Aicha	Indoor Pool
15:30 – 17:00	Men's Tennis Coaching	2	Ray	Indoor Tennis Courts
Sunday	Class	Difficulty	Instructor	Location
10.00 – 10.30	Express Spin	3	Ria	Studio 2
10.45 – 11.15	TRX	3	Ria	Studio 1
11.30 – 12.15	Aqua Aerobics	1-2	Ria	Indoor Pool
16:00 – 17:00	Mixed Ability Yoga	2	Joy	Studio 1

Difficulty Key: 1 = Beginner 2 = Intermediate 3 = Advanced  
Please be aware the instructors are able to adapt the class to suit everyone.

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