



Studio Class Timetable 2015

	CLASS	TIME	INSTRUCTOR
MONDAY	Core Stability	18:00-18:45	Rob
	Strength & Conditioning	19:00-19:45	Rob
TUESDAY	Breakfast Burn	07:30-08:00	Roland
	Free Weights Blitz	18:00-18:45	Rob/Jess
	Hiit Cycling	19:00-19:45	Jess
WEDNESDAY	Wake up Blitz	07:30-08:00	Rob
	Core Stability	18:00-18:45	Roland
	Boxfit	19:00-20:00	Roland
THURSDAY	Legs, bums & tums	07:30-08:00	Jess
	Hiit Cycling	18:00-18:45	Rob
	Ab Attack	19:00-19:30	Roland/Harrison
FRIDAY	Boxfit	07:30-08:00	Rob/Harrison
SATURDAY	Bootcamp	10:00-10:45	Harrison/Roland

**ALL CLASSES MUST BE BOOKED – PLEASE RESERVE YOUR PLACE AT RECEPTION OR
CALL US ON 01293 520208**

ALL classes are free to members. The cost to non-members and hotel guests is £4.00 per class or a 10 class pass for £35.00.

**THIS TIMETABLE IS SUBJECT TO CHANGE & WITH 3 OR LESS PEOPLE, THE CLASS WILL
BE CANCELLED**