

ALL CLASSES ARE
**FREE FOR LEISURE
CLUB MEMBERS**
(EXCLUDING YOGA & ZUMBA)

GYM

CLASSES

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PRICES

HOTEL GUESTS
£4 PER PERSON

NON RESIDENTS
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* ZUMBA CLASSES
FOR ALL - **£4 PER PERSON**

MONDAY

11.00 AM - ABS SCULPTOR (30 MIN)
6.00 PM - LEGS, BUMS AND TUMS (60 MIN)
6.45 PM - EVENING STRETCH (30 MIN)

TUESDAY

11.00 AM - CIRCUIT (45 MIN)
4.30 PM - GLUTES CAMP (45 MIN)
6.00 PM - ZUMBA (60 MIN)

WEDNESDAY

11.00 AM - MORNING STRETCH (30 MIN)
4.30 PM - ABS SCULPTOR (30 MIN)
6.00 PM - CIRCUIT (45 MIN)

THURSDAY

6.45 PM - YOGA

FRIDAY

11.00 AM - ABS SCULPTOR (30 MIN)
4.30 PM - CIRCUIT (45 MIN)
6.00 PM - ZUMBA (60 MIN)

SATURDAY

11.00 AM - HIIT 30 (30 MIN)
2.00 PM - CIRCUIT (45 MIN)
5.00 PM - EVENING STRETCH (30 MIN)

SUNDAY

11.00 AM - GLUTES CAMP (45 MIN)
4.30 PM - HIIT 30 (30 MIN)
5.00 PM - EVENING STRETCH (30 MIN)



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