



Monday

0945-1100	Yoga (£5 - £10)	All Levels	Karen
1100-1145	Aqua Aerobics	All Levels	Sophie
1800-1845	Body Conditioning	All Levels	Sophie
1845-1930	HIIT (high intensity interval training)	All Levels	Sophie
1845-1930	Spinning	All Levels	Dan
1930-2015	Pilates	All Levels	Sophie

Tuesday

0900-0945	Advanced Pilates	Advanced	Rosalyn
0945-1030	Pilates	All Levels	Rosalyn
1230-1315	Pilates	All Levels	Abbie
1330-1415	Aqua Zumba	All Levels	Abbie
1815-1900	Aqua Aerobics	All Levels	Sophie
1815-1900	Circuits	All Levels	Zac
1900-2000	Yoga	All Levels	Beverley

Wednesday

0900-1000	Yoga	All Levels	Karen
1015-1115	Yoga	All Levels	Karen
1145-1230	Aqua Zumba	All Levels	Abbie
1815-1900	Body Conditioning	All Levels	Sophie
1900-1945	Zumba	All Levels	Jasmine
1900-1945	Spinning	All Levels	Sophie

Thursday

0930-1015	Advanced Pilates	Advanced	Sophie
1015-1100	Pilates	All Levels	Sophie
1045-1130	Aqua Aerobics	All Levels	Abbie
1800-1845	Ultimate Fitness	All Levels	Claire
1850-1935	Spinning	All Levels	Claire

Friday

0900-0930	Pilates Core	All Levels	Abbie
0945-1045	Yoga	All Levels	Jane
1030-1115	Aqua Aerobics	All Levels	Claire
1045-1130	Pilates	All Levels	Abbie
1900-1945	Zumba		Jasmine

Saturday

1000-1045	Boxercise	All Levels	Vicky
1130-1215	Aqua Aerobics	All Levels	Claire

Please consult with the class instructor for class suitability

Any illness, injuries and pregnancy should be reported to the instructor prior to the start of the class

There are limited spaces for many of the classes. In order to avoid disappointment please ensure you book

A minimum of 24 hrs notice is required when cancelling a booking

If you do not cancel your class/fail to arrive, this will be recorded.

You may book up to 3 days in advance at the clubs reception

No classes can be booked by leaving a voice message on our answer machine

Classes cannot be booked for more than one member/person

Leisure Members have a priority booking over guests and staff

Members on the waiting list will be contacted in order of the list. If members are unavailable no message will be left and the next member will be contacted i.e. first to make contact will be awarded the vacancy

Class participations are not permitted to enter a class once the warm up has commenced

Class timetables and instructors are subject to change without notice

The instructor may restrict the number of attendees if they deem the class is over-crowded

Instructors have the authority to ask you to leave a class if you are jeopardising the safety or enjoyment of others

Class content and attendance will be reviewed by the Leisure Club Manager on a quarterly basis. NB. Any class falling below an average of 50% will be cancelled

Hotel guests wishing to participate in a group exercise class will be charged £5.00

No Under 16's allowed to participate in any studio classes

For further information please call 01932 899901