



# CLASS PROGRAMME

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00	<b>Power Walk</b> 45 mins level: 4* / cost: free	<b>Power Walk</b> 45 mins level: 4* / cost: free	<b>Power Walk</b> 45 mins level: 4* / cost: free	<b>Power Walk</b> 45 mins level: 4* / cost: free	<b>Power Walk</b> 45 mins <b>level 4* / cost: free</b>	<b>Power Walk</b> 45 mins level: 4* / cost: free	<b>Power Walk</b> 45 mins level: 4* / cost: free
08.30	<b>Gentle Walk</b> 30 mins Level: All / Cost: free	<b>Wake Up &amp; Stretch</b> 30 mins level: All / cost: free	<b>Gentle Walk</b> 30 mins Level: All / Cost: free	<b>Wake Up &amp; Stretch</b> 30 mins level: All / cost: free	<b>Gentle Walk</b> 30 mins Level: All / Cost: free	<b>Gentle Walk</b> 30 mins Level: All / Cost: free	<b>Gentle Walk</b> 30 mins Level: All / Cost: free
09.15	<b>Total Body Conditioning</b> 45 mins level: All / cost: free	<b>Body Balance</b> 60 mins cost: £6 level: 4* max 10 people	<b>Legs Bums &amp; Tums</b> 45 mins level: All / cost: free	<b>Body Balance</b> 60 mins cost: £6 level: 4* max 10 people	<b>Total Body Conditioning</b> 45 mins level: All / cost: free	<b>Wake Up &amp; Stretch</b> 30 mins level: All / cost: free	<b>Body Balance</b> 60 mins cost: £6 level: 4* max 10 people
11.15	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Circuit Training</b> 45 mins level: 2-4* / cost: free	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Circuit Training</b> 45 mins level: 2-4* / cost: free	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Circuit Training</b> 45 mins level: 2-4* / cost: free	<b>Aqua Fitness</b> 30 mins level: all / cost: free
14.00	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free	<b>Grayshott Walk</b> 45 mins level: 2* / cost: free
15.00	<b>Tai Chi</b> 60 mins cost: £6	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Chi Kung</b> 60 mins cost: £6	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Tai Chi</b> 60 mins cost: £6	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Pilates Mat Class</b> 60 mins cost: £6
16.00	<b>Pilates Mat Class</b> 60 mins cost: £6		<b>Pilates Mat Class</b> 60 mins cost: £6		<b>Pilates Mat Class</b> 60 mins cost: £6	<b>Yoga</b> 60 mins cost: £6	
		<b>Yoga (4.30pm)</b> 60 mins cost: £6					<b>Yoga (4.30pm)</b> 60 mins cost: £6
17.00	<b>Relax &amp; Unwind</b> 45 mins cost: free		<b>Relax &amp; Unwind</b> 45 mins cost: free		<b>Relax &amp; Unwind</b> 45 mins cost: free	<b>Breathing &amp; Relaxation</b> 60 mins cost: free	
19.30	<b>Gym Circuit</b> 45 mins level: 2-4* / cost: free	<b>Aqua Fitness</b> 30 mins level: all / cost: free	<b>Circuit Training</b> 45 mins level: 2-4* / cost: free	<b>Beach-Fit</b> 45 mins level: all / cost: free	<b>Abs Blaster</b> 30 mins level: all / cost: free		

Please ensure that you arrive a few minutes before the classes start. For your own safety you will not be permitted to join a class once it has started.

All = All levels, 1\* = Beginner, 2\* = Moderate, 4\* = Advanced

Subject to change without notice. All walks will depart from the Main Reception.

Please book your Body Balance, Tai Chi, Pilates and Yoga at the Appointments Desk