



CLASS PROGRAMME 2019

All = All levels, 1* = Beginner, 2* = Moderate, 3* = Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.45	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*	Power Walk 45 mins Level: 3*
08.30	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All	Gentle Walk 30 mins Level: All
09.15	Total Body HIIT 45 mins Level: 3*	Rebounding 30 mins Level: 3*	Circuit Training 45 mins Level: 2*-3*	Legs Bums & Tums 45 mins Level: 2* 3*	Total Body HIIT 45 mins Level: 3*	Rebounding 30mins Level: 3*	Circuit Training 45 mins Level: 2*-3*
10:15	Stretch & Mobilise 30 mins Level: All	Rebounding 30mins Level: All	Stretch & Mobilise 30 mins Level: All	Rebounding 30mins Level: All	Stretch & Mobilise 30 mins Level: All	Stretch & Mobilise 30 mins Level: All	Stretch & Mobilise 30 mins Level: All
11.00	Yoga 60 mins Level: All cost: £6				Pilates Mat Class 60 mins Level: All cost: £6		
11.15	Aqua Fitness 30 mins Level: All	Core Conditioning 30 mins Level: 2*	Aqua Fitness 30 mins Level: All	Core Conditioning 30mins Level: 2*	Aqua Fitness 30 mins Level: All	Circuit Training 45 mins Level: 2*-3*	Aqua Fitness 30 mins Level: All
14.00	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*	Grayshott Walk 45 mins Level: 2*
15.00	Tai Chi 60 mins cost: £6	Aqua Fitness 30 mins Level: All		Aqua Fitness 30 mins Level: All	Tai Chi 60 mins Level: All cost: £6	Aqua Fitness 30 mins Level: All	Pilates Mat Class 60 mins Level: All cost: £6
16.00	Pilates Mat Class 60 mins Level: all cost: £6	Sound Healing (3:00pm) 60 mins Level: All cost: £10	Pilates Mat Class 60 mins Level: all cost: £6		Pilates Mat Class 60 mins Level: all cost: £6	Yoga 60 mins Level: All cost: £6	Yoga 60 mins Level: All cost: £6
		Yoga (4:30pm) 60 mins Level: 2* cost: £6		Yoga 4:30pm 60 mins Level: 2* cost: £6			
17.00	Relax & Unwind 45 mins Level: All		Relax & Unwind 45 mins Level: All		Relax & Unwind 45 mins Level: All	Yoga 60 mins Level: 2* 3* cost: £6	Yoga 60 mins Level: 2* 3* cost: £6
18.00	Pilates Mat Class 60 mins Level: 2* 3* cost: £6	Zumba 60 mins Level: 2* cost: £6			Zumba 60 mins Level: 2* cost: £6		
19.45				Yoga 60 mins Level: 2* 3* cost: £6			

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. Subject to change without notice. All walks will depart from the Main Reception. Please book your Zumba, Tai Chi, Pilates and Yoga at the Appointments Desk