

# Class Timetable

17<sup>th</sup> May until 23<sup>rd</sup> May 2021

## Monday

10.30- 11.30	Legs, Bums & Tums	Tanya
11.40- 12.15	Aqua	Tanya
18.00-19.45	Vibe	Ellie
18.00-19.00	Pilates	Lesley

## Tuesday

09.15-10.15	Zumba	Tanya
11.30-12.15	Pilates	Catherine
18.00-18.45	Legs, Bums & Tums	Lisa
19.15-20.00	Spin	Sally
19.40-20.15	Aqua	Jo

## Wednesday

9.30-10.15	Groove it Fit	Lisa
10.30-11.15	Groove it Fit & Flow	Lisa
18.00-18.45	Vibe Cycle	Betul
18.45-19.20	Aqua	Betul

## Thursday

10.30-11.30	Pilates	Tanya
19.15-20.00	Spin	Abbey

## Friday

09.30-10.15	Groove it Fit & Flow	Lisa
10.40-11.15	Aqua	Lisa
11.15-12.00	Pilates	Lesley

## Saturday

09.30-10.15	Legs, Bums & Tums	Lisa
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Spin & Vibe Classes will be held in our Spin Studio, all other classes will be in the Eden Room. Please come dressed ready for your class as the changing rooms will not be available for use before or after classes.

Time is left before and after Aqua classes for use of the changing rooms, please adhere to distancing in the changing rooms

Face coverings are required to be worn around the hotel but can be removed for exercise.

Sanitizer and Alcohol wipes will be available for use. Please keep your distance from one another.

All classes must be booked online through memberzone and are available to book 7 days in advance

Non Members can book into classes 5 Days in advance by telephoning the club and paying £10 per class on arrival

Please speak to a member of the team if you require any assistance