

# STUDIO CLASS SCHEDULE

## FITNESS CLASS SCHEDULE

DAY	CLASS	TIME	INSTRUCTOR
MONDAY	Legs Bums & Tums	09:30 – 10:15	Tanya Elias
	Vibe Cycle	18:00 – 19:00	Ellie
	Pilates	18:00 – 19:00	Lesley
TUESDAY	Zumba Move	09:30 – 10:30	Tanya Elias
	Pilates	11:30 – 12:30	Catherine
	Legs Bums & Tums	18:00 – 19:00	Sally
	Spin	19:15 – 20:00	Sally
WEDNESDAY	Groove-it Fit	09:15 – 10:15	Lisa
	Groove-it Fit & Flow	11:30 – 12:15	Lisa
	Vibe Cycle	18:00 – 18:45	Betul
THURSDAY	Pilates	10:30 – 11:30	Tanya Elias
	Strong	17:15 – 18:00	Tanya
	Legs Bums & Tums	18:00 – 19:00	Sally
	Spin	19:15 – 20:00	Abbey
FRIDAY	Groove-it Fit & Flow	09:30 – 10:15	Lisa
	Pilates	18:00 – 19:00	Sally
SATURDAY	Legs Bums & Tums	09:30 – 10:30	Sally
	Spin	10:30 – 11:15	Tanya Elias
	Cycle Vibe	11:30 – 12:30	Betul Isik

Face coverings are required to be worn around the hotel but can be removed for exercise. Sanitiser and alcohol wipes will be available for use. Please keep the 2 metre distance.

*All classes must be booked online through memberzone and are available to book 7 days in advance. Non-members can book into 5 days in advance by telephoning the club and paying £7.50 per class on arrival.*

Contact for more info:  
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