

FITNESS CLASS TIMETABLE



PARK HALL
HOTEL & LEISURE CLUB

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.30am – 10.30am BODY BLAST Instructor: Neil	7am – 7.45am STUDIO CYCLING* Instructor: Chris	9.15am – 10am STUDIO CYCLING Instructor: Neil	9.30am - 10.30am AEROTONE Instructor: Laura	7am – 7.45am STUDIO CYCLING* Instructor: Chris	9am -10am BOOTCAMP Instructor: Chris	9.30am – 10.15am STUDIO CYCLING* Instructor: Becca
10am - 10.45am AQUA Instructor: Chris	9.30am – 10.30am AEROBICS Instructor: Neil	9.30am - 10.30am STUDIO ATTACK Instructor: Laura	10.30am– 11.30am PILATES Instructor: Laura	9.30am – 10.30am FIGHT FX Instructor: Neil	10.15am – 11am STUDIO CYCLING* Instructor: Becca	
10.45am – 11.45am CIRCUITS Instructor: Chris	10.30am– 11.30am ZUMBA Instructor: Katie	10am - 10.45am AQUA Instructor: Chris	6.15pm – 7pm STUDIO CYCLING* Instructor: Becca	10.30am– 11.30am FREE STYLE YOGA Instructor: Neil		
6.15pm – 7.00pm. STUDIO CYCLING* Instructor: Ric	6.15pm – 7pm STUDIO CYCLING* Instructor: Chris	10.30am– 11.30am PILATES Instructor: Laura	6.30pm – 7.30pm BOXERCIRCUITS Instructor: Chris	10am - 10.45am AQUA Instructor: Chris		
6.30pm – 7.30pm. TONING/FITNESS BAR Instructor: Julie	7pm – 8pm FITBALL Instructor: Chris	6.15pm – 7pm STUDIO CYCLING* Instructor: Becca	7.30pm – 8.15pm CIRCUITS Instructor: Chris	6.30pm – 7.30pm CARDIO CIRCUITS Instructor: Becca		
7.30pm – 8.30pm. PILATES Instructor: Lindsay		7pm – 8pm BODY CONDITIONING Instructor: Becca				
		8pm – 9.30pm YOGA Instructor: Jayne				

GOLD MEMBERS: ALL CLASSES FREE OF CHARGE

SILVER MEMBERSHIPS: ALL MORNING AND WEEKEND CLASSES FREE

NON MEMBERS: £5 PER CLASS (AQUA AND STUDIO CYCLING* ARE MEMBERS ONLY CLASSES)