



CLASS PROGRAMME 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08.00	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 Conditioning 45 mins Level: All	Legs Bums & Tums 45 mins Level: All	Circuit Training 45 mins Level: 2-3*	Legs Bums & Tums 45 mins Level: All	Total Body Conditioning 45 mins Level: All	Legs Bums & Tums 45 mins Level: All	Circuit Training 45 mins Level: 2-3*
10.15	Flex & Stretch 30 mins Level: All		Flex & Stretch 30 mins Level: All		Flex & Stretch 30 mins Level: All	Flex & Stretch 30 mins Level: All	Flex & Stretch 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	Circuit Training 45 mins Level: 2-3*	Aqua Fitness 30 mins Level: All	Absolute Abs 25mins Level: All	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 cost: £6	Aqua Fitness 30 mins Level: All	Pilates Mat Class (2.45pm) 60 mins Level: All /cost: £6
16.00	Pilates Mat Class 60 mins Level: all cost: £6	Absolute Abs 25mins Level: All	Pilates Mat Class 60 mins Level: all cost: £6		Pilates Mat Class 60 mins Level: all cost: £6	Yoga 60 mins Level: 1* cost: £6	
17.00	Relax & Unwind 45 mins	Yoga (4.30pm) 60 mins Level: 2* cost: £6	Relax & Unwind 45 mins	Yoga 4.30pm 60 mins Level: 2* cost: £6	Relax & Unwind 45 mins	Yoga 60 mins Level: 2* 3* cost: £6	Yoga 4.30pm 60 mins Level: 2* 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.

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

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