

BE ACTIVE



AUTUMN 2017

MONDAY

Tone & Stretch 9.30 - 10.15am

Brain Fit 10.45 - 11.30am

Boxercise 5.00 - 5.45pm

Pilates 6.00 - 6.55pm

Studio Cycle 7.00 - 7.45pm

Trigger Point Pilates 7.45 - 8.30pm

TUESDAY

Pilates 9.15 - 10.15am

Aqua Aerobics 10.30 - 11.20am

Fitness Yoga 10.30 - 11.30am

Power Pilates 6.00 - 7.00pm

Pilates 7.10 - 8.10pm

WEDNESDAY

Powerhoop 9.30 - 10.15am

Yoga 10.30 - 11.30am

Barre Fusion 5.00 - 5.45pm

Boxercise 6.00 - 6.45pm

Hot Yoga 7.00 - 8.00pm

FITNESS STUDIO CLASSES

THURSDAY

Studio Cycle 6.45 - 7.30am

Pilates 9.00 - 10.00am

Aqua Aerobics 10.30 - 11.20am

Fitness Yoga 5.10 - 5.55pm

Pilates 6.00 - 7.00pm

Studio Cycle 7.10 - 8.10pm

FRIDAY

Pilates 8.30 - 9.30am

Boxercise 11.00 - 12.00pm

Studio Cycle 5.30 - 6.30pm

SATURDAY

Trigger Point Pilates 8.15 - 9.15am

Studio Cycle 9.30 - 10.30am

Yoga 10.45 - 11.45am

the health
& fitness club
BEDFORD LODGE HOTEL