

GET ACTIVE



AUTUMN 2018

MONDAY

Tone & Stretch 9.30 - 10.15am
Brain Fit 10.45 - 11.30am
Boxercise 11.40 - 12.40pm
Boxercise 5.00 - 5.45pm
Pilates 6.00 - 6.55pm
Studio Cycle 7.00 - 7.45pm

TUESDAY

Insanity 6.45 - 7.30am
Pilates 9.15 - 10.15am
Aqua Aerobics 10.30 - 11.20am
Fitness Yoga 10.30 - 11.30am
Dance Fit 12.30 - 1.15pm
Power Pilates* 6.00 - 7.00pm
Pilates 7.10 - 8.10pm

WEDNESDAY

Beginners Yoga 7.00 - 8.00am
Beginners Pilates 8.00 - 9.00am
Yoga 10.30 - 11.30am
Legs, Bums and Tums 12.30 - 1.30pm
Barre Strength 5.00 - 5.45pm
Boxercise 6.00 - 6.45pm
Pilates 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
Dance Fit 5.10 - 5.55pm
Broga 6.00 - 6.45pm
Studio Cycle 7.00 - 8.00pm

FRIDAY

Insanity 9.00 - 9.45am
Sleep Yoga 5.45 - 6.30pm

SATURDAY

Trigger Point Pilates 8.15 - 9.15am
Studio Cycle 9.30 - 10.30am

the health
& fitness club
BEDFORD LODGE HOTEL