GET ACTIVE

AUTUMN 2019

MONDAY

Legs, Tums & Bums 7.00 - 8.00am
Shape Up Circuit 8.30 - 9.00am
Tone & Stretch 9.30 - 10.15am
Brain Fit 10.45 - 11.30am
Boxercise 11.45 - 12.45pm
P90X 5.30 - 6.15pm
Pilates 6.15 - 7.00pm
Studio Cycle 7.15 - 8.00pm

TUESDAY

Insanity 6.45 - 7.30am
Pilates 9.15 - 10.15am
Aqua Aerobics 10.30 - 11.15am
Fitness Yoga 10.30 - 11.30am
Dance Fit 12.00 - 12.45pm
Power Pilates 6.00 - 7.00pm
Pilates 7.15 - 8.15pm

WEDNESDAY

Shape Up Circuit 7.30 - 8.00am
Aqua Aerobics 9.15 - 10.00am
Yoga 10.15 - 11.15am
Legs, Tums & Bums 11.30 - 12.30pm
Barre Strength 5.00 - 5.45pm
Boxercise 6.00 - 6.45pm

THURSDAY

Studio Cycle 6.45 - 7.30am
Pilates 9.00 -10.00am
Aqua Aerobics 10.30 - 11.15am
Dance Fit 5.15 - 6.00pm
Athloga 6.00 - 6.45pm
Studio Cycle 7.00 - 8.00pm

FRIDAY

Shape Up Circuit 7.30 - 8.00am
Tone & Stretch 9.00 - 9.45am
Aqua Aerobics 10.00 - 10.45pm
Yoga 12.30 - 1.30pm

SATURDAY

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

Please note under 16s are not allowed in the gym and are only allowed to use the swimming pool between the times of 09:00 – 18:00.

FITNESS STUDIO CLASSES

Timetables will be reviewed periodically and classes may be subject to change without notice.

the health & fitness club
BEDFORD LODGE HOTEL