

GET ACTIVE



WINTER 2020

MONDAY

Legs, Tums & Bums 6.45 - 7.30am
Shape Up Circuit 8.00 - 8.30am
Tone & Stretch 9.30 - 10.15am
Brain Fit 10.45 - 11.30am
P90X 5.15 - 6.00pm
Pilates 6.00 - 7.00pm
Studio Cycle 7.15 - 8.00pm

TUESDAY

Insanity 6.35 - 7.20am
Pilates 9.15 - 10.15am
Yoga 10.30 - 11.30am
Aqua Aerobics 10.30 - 11.15am
Dance Fit 12.30 - 1.15pm
Sleep Yoga 5.00 - 6.00pm
Pilates 6.30 - 7.30pm
Pilates 7.35 - 8.35pm

WEDNESDAY

Studio Cycle 6.45 - 7.30am
Yoga 10.15 - 11.15am
Legs, Bums & Tums 11.30 - 12.30pm
Shape Up Circuit 1.00 - 1.30pm
Barre Strength 5.00 - 5.45pm
Boxercise 6.00 - 6.45pm

FITNESS STUDIO CLASSES

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 - 7.45pm

FRIDAY

Studio Cycle 6.45 - 7.30am
Tone & Stretch 9.00 - 9.45am
Aqua Aerobics 10.15 - 11.00am
Yoga 12.30 - 1.30pm
Shape Up Circuit 5.30 - 6.00pm

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.

the health
& fitness club
BEDFORD LODGE HOTEL