



Calcot Spa

FITNESS CLASSES – WINTER 2012

(effective from 16th January)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 – 10.00	Aerobics	Step		Step	Aerobics		
9.30 – 10.15			Dancercise				
10.00 – 10.45		TRX			TRX		
10.00 – 11.00	Pump			Pump		Box Fit	Body Conditioning
10.30 – 11.30			Nia Dance				
10.45 – 11.30					Joint Longevity		
11.00 – 11.45		Aqua		Low Impact Aerobics			
11.00 – 12.00	Pilates						
11.30 – 12.30			Pilates				
11.45 – 12.30					Aqua		
1.45 – 3.00	Yoga						
5.45 – 6.30	TRX		TRX				
6.00 – 7.00					Pump		
6.30 – 7.15			Step	Dancercise			
6.30 – 7.30	Pilates	Aerobics					
7.15 – 8.00			LBT				
7.15 – 8.15				Pilates			
7.45 – 8.30	Aqua						

The color of the text denotes the location of the class

● Studio

● Pool

● Tennis Courts or Outdoors

● Gym