



## GROUP FITNESS TIMETABLE

Time	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00	Hatha Yoga (10:15 - 11:30)		Hatha mini workshop* (10:30 - 11:45)	
11:00 - 12:00		Functional Training* (11:00 - 11:45)		Body Tone* (11:00 - 11:45)
16:00 - 17:00	Pilates (16:00 - 16:45)			

Classes should be pre booked by email at least 24 hours in advance to avoid disappointment

The Club reserves the right to cancel any class that has less than 2 people booked  
Please note that these classes may be subject to change

**Hatha mini workshop\*:** Combination of yoga movements to improve core, shoulders, upper back, hips and hamstrings, Yin.

**Functional training\*:** Intense class, mixes cardio and strength exercises to create a fun and full-body workout.

**Body Tone\*:** Full-body, mix of body weight and light weights to create multi-muscular exercises and movements.