

THE COACH HOUSE

HEALTH CLUB & SPA

Class Schedule

Monday

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| 8:30am Mobility | Coach House Gym |
| 9:00am Cross Training | Coach House Gym |
| 10:00am Pilates with Marjo | Coach House Studio |
| 11:15am Women's Strength | Coach House Gym |

Tuesday

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|--|--------------------|
| 8:30am Mobility | Coach House Gym |
| 9:00am Cross Training | Coach House Gym |
| 10:00am Pilates with Sophie | Coach House Studio |
| 11:15am Yoga with Mel | Coach House Studio |
| 11:15am Woman's Strength | Coach House Gym |
| 2:00pm Qigong & Tai Chi with Liz | Coach House Studio |

Wednesday

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|--------------------------------------|--------------------|
| 8:30am Mobility | Coach House Gym |
| 8:45am Pilates with Helen | Coach House Studio |
| 9:00am Cross Training | Coach House Gym |
| 10:00am Pilates with Helen | Coach House Studio |
| 10:00am Combat with Rudi | Coach House Gym |
| 11:15am Yoga | Coach House Studio |
| 3:30pm Boxing with Rudi | Coach House Studio |
| 5:30pm Mobility | Coach House Studio |
| 6:00pm Cross Training | Coach House Gym |

Thursday

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|---------------------------------------|--------------------|
| 8:30am Mobility | Coach House Gym |
| 9:00am Cross Training | Coach House Gym |
| 10:00am Pilates with Sophie | Coach House Studio |
| 11:15am Yoga with Sophie | Coach House Studio |
| 11:15am Woman's Strength | Coach House Gym |
| 2:00pm Yoga with Sophie | Coach House Studio |

Friday

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|--------------------------------------|--------------------|
| 8:00am Pilates with Mary | Coach House Studio |
| 9:30am Trail Running | Coach House Gym |
| 10:30am Pilates with Steph | Coach House Studio |
| 11:00am Boxing with Rudi | Coach House Gym |
| 5:00pm Cross Training | Coach House Gym |
| 6:00pm Gentle Flow Yoga | Coach House Studio |

Sunday

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|------------------------------------|-----------------|
| 9:30am Mobility | Coach House Gym |
| 10:00am Cross Training | Coach House Gym |
| 11:00am Boxing with Rudi | Coach House Gym |