

THE COACH HOUSE

HEALTH CLUB & SPA

Class Schedule

Monday

8:30am Mobility	Coach House Gym
9:00am Cross Training	Coach House Gym
11:15am Women's Strength	Coach House Gym

Tuesday

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

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

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

8:00am Pilates with Mary	Coach House Studio
9:30am Trail Running	Coach House Gym
9:15am Yoga with Alex	Coach House Studio
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

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