

THE COACH HOUSE

HEALTH CLUB & SPA

Class Schedule

Monday

8:30am	
Mobility	Coach House Gym
9:00am	
Cross Training	Coach House Gym
9:00am	
Pilates with Emma	Coach House Studio
10:00am	
Boxercise with Michael	Coach House Gym
10:15am	
Beginner Ballet Barre with Carrie	Coach House Studio
11:15am	
Women's Strength	Coach House Gym
11:15am	
Ballet Barre with Carrie	Coach House Studio
12:30pm	
Core Resistance	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
12:30am	
Ballet Barre with Alice	Coach House Studio
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	
Sound Bath with Lino	Coach House Studio
11:15am	
Woman's Strength	Coach House Gym
3:30pm	
Boxing with Rudi	Coach House Gym
5:00pm	
Mobility	Coach House Studio
5.30pm	
Meditation	Coach House Studio

Thursday

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

Friday

8:00am	
Pilates with Mary	Coach House Studio
9:00am	
Cross Training	Coach House Gym
9:15am	
Yoga with Lino	Coach House Studio
10.00am	
Precision Mobility	Coach House Gym
10:30am	
Pilates with Steph	Coach House Studio
11:00am	
Boxing with Rudi	Coach House Reception
12:15am	
Woman's Strength	Coach House Gym

Saturday

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