

THE COACH HOUSE

HEALTH CLUB & SPA

Wellness Schedule

Monday

8:30am Mobility with Marjo	Coach House Gym
9:00am Cross Training with Marjo	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 with Marjo	Coach House Gym
11:15am Ballet Barre with Carrie	Coach House Studio
12:30pm Men's Functional Training with Michael	Coach House Gym

Tuesday

8:30am Mobility with Sophie	Coach House Gym
9:00am Cross Training with Sophie	Coach House Gym
10:00am Pilates with Sophie	Coach House Studio
11:15am Yoga with Mel	Coach House Studio
11:15am Women's Strength with Marjo	Coach House Gym
12:30am Ballet Barre with Alice	Coach House Studio
2:00pm Qigong & Tai Chi with Liz	Coach House Studio
5:00pm Cross Training with Nicola	Coach House Gym
6:00pm Pilates with Nicola	Coach House Studio

Wednesday

8:30am Mobility with Rudi	Coach House Gym
8:45am Pilates with Helen	Coach House Studio
9:00am Cross Training with Rudi	Coach House Gym
10:00am Pilates with Helen	Coach House Studio
10:00am Combat with Rudi	Coach House Gym
11:30am Sound Bath with Lino	Coach House Studio
11:15am Men's Strength with Ross	Coach House Gym
3:30pm Boxing with Rudi	Coach House Gym
4:30pm Men's Strength with Rudi	Coach House Gym
5:30pm Mobility with Rudi	Coach House Gym
6:00pm Yoga with Nicola	Coach House Studio

Thursday

8:30am Mobility with Marjo	Coach House Gym
9:00am Cross Training with Marjo	Coach House Gym
9:00am 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 with Marjo	Coach House Gym

Friday

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

Saturday

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