

# THE COACH HOUSE

HEALTH CLUB & SPA

## Class Schedule

### Monday

<b>8:30am</b> Mobility with Marjo	Coach House Gym
<b>9:00am</b> Cross Training with Marjo	Coach House Gym
<b>9:00am</b> Pilates with Emma	Coach House Studio
<b>10:00am</b> Boxercise with Michael	Coach House Gym
<b>10:15am</b> Jazz Stretch with Carrie	Coach House Studio
<b>11:15am</b> Women's Strength with Marjo	Coach House Gym
<b>11:15am</b> Ballet Barre with Carrie	Coach House Studio

### Tuesday

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

### Wednesday

<b>8:30am</b> Mobility with Rudi	Coach House Gym
<b>8:45am</b> Pilates with Helen	Coach House Studio
<b>9:00am</b> Cross Training with Rudi	Coach House Gym
<b>10:00am</b> Pilates with Helen	Coach House Studio
<b>10.00am</b> Combat with Rudi	Coach House Gym
<b>11:30am</b> Sound Bath with Lino	Coach House Studio
<b>3:30pm</b> Boxing with Rudi	Coach House Gym
<b>5.30pm</b> Mobility with Rudi	Coach House Gym
<b>6:00pm</b> Yoga with Nicola	Coach House Studio

### Thursday

<b>8:30am</b> Mobility with Marjo	Coach House Gym
<b>9:00am</b> Cross Training with Marjo	Coach House Gym
<b>9:00am</b> Ballet Barre with Sophie	Coach House Studio
<b>10:00am</b> Pilates with Sophie	Coach House Studio
<b>11:15am</b> Yoga with Sophie	Coach House Studio
<b>11:15am</b> Woman's Strength with Marjo	Coach House Gym
<b>2:00pm</b> Inner Warrior with Lino	Coach House Studio

### Friday

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

### Saturday

<b>10:00am</b> Cross Training with Rudi	Coach House Gym
<b>11:00am</b> Boxing with Rudi	Coach House Gym