

THE COACH HOUSE

HEALTH CLUB & SPA

Class 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	
Boot Camp with Michael	Coach House Studio
10:15am	
Jazz Stretch 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	
Boxercise with Michael	Coach House Gym

Tuesday

8:30am	
Mobility with Sophie	Coach House Gym
8:45am	
The Method with Alice	Coach House Studio
9:00am	
Cross Training with Sophie	Coach House Gym
10:00am	
Dynamic 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

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
3:30pm	
Boxing with Rudi	Coach House Gym
5:30pm	
Mobility with Rudi	Coach House Gym

Thursday

8:30am	
Mobility with Marjo	Coach House Gym
9:00am	
Cross Training with Marjo	Coach House Gym
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
2:00pm	
Inner Warrior with Lino	Coach House Studio

Friday

8:00am	
Pilates with Mary	Coach House Studio
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

Saturday

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