



Fitness Class Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|-----------------------------------|-------------------------------|------------------------------|--|--------|
| | Hatha Yoga 7.30 - 8.15am | Barre 7.15 - 8am | Cardio Blast 7 - 7.45am | Barre 7.15 - 8am | | |
| Stability Ball 8 - 8.45am | Box Fit 8.15 - 9.00am | | | Stability Ball 8.15 - 9am | HIIT <i>(in the gym)</i> 8 - 8.45am | |
| Yoga Stretch 9.15 - 10am | Pilates Flow 9.15 - 10am | Functional Fitness 9.15 - 10am | Pilates 9 - 9.45am | Yoga Stretch 9.15 - 10am | Yoga 9 - 10am | |
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| | HIIT <i>(in the gym)</i> 5 - 5.45pm | | | Yoga 5.45 - 6.30pm | | |
| Pilates 6 - 6.45pm | | Yoga Stretch 6.15 - 7.15pm | | | | |
| Meditation and breath work 7 - 8pm | Yoga 7 - 7.45pm | | Vinyasa Yoga 7.30 - 8.30pm | | | |
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The studio will also be available to book 121 and group personal training or Pilates sessions
All classes are free to members and hotel guests

- Book in via reception

For more information, please see a member of the gym team.

01752 344455 / www.gaiaboringdon.co.uk

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BARRE

Based on fundamental ballet moves at a barre this focuses on a strong core utilizing postures and techniques from small controlled movements. It's harder than it looks. No need to have any dance experience.

CARDIO BLAST

This class will start off your week beautifully with a cardio kick-start progressive in aerobic exercises to wake up your body and keep a healthy heart.

FUNCTIONAL FITNESS

An all over body work out, burn calories in a great fun way as you lunge step and squat, suitable for everyone and adapted for all your needs.

HATHA YOGA

You will find stillness and tranquillity in this restorative yoga practice, allowing body and mind to harmoniously relax together, allowing stress and tension to melt away. This class is a perfect complement to the more dynamic and energetic practices offered.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

It's fast, its calorie burning and fun and its efficient whilst challenging your motor skills.

MEDITATION AND BREATH WORK

Improve your mental, physical and spiritual wellbeing by developing a better awareness of your breath. A practical class with meditation practices' with a focus on breathing.

PILATES

Ease away life's aches and pains with this Low impact, although challenging class, aimed at core strength, postural alignment, achieving length, strength and flexibility.

PILATES FLOW

Pilates based workout that builds flexibility and strength and leaves you feeling centred and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

STABILITY BALL

By using the Ball you can really activate your core to its max. This unique exercise helps with your stabilising muscles due to the ball being unstable in certain positions. Suitable for all abilities and fitness levels.

YOGA

Chill out with the relaxed atmosphere, practice varied yoga techniques and principles to suit all abilities.

YOGA STRETCH

A calming and elegant class, yoga poses stretch and strengthen your muscles and increase your range of motion and your balance.

VINYASA YOGA

These indulgent smooth transitions between yoga asanas, and dynamic movements using the breath to help control strength and balance of the mind and body.

