

# CLUB CALCOT

## FITNESS STUDIO & OUTDOOR CLASSES

### MONDAY

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07:00 - 07:45	Box Fit
08:00 - 08:45	Circuits
09:00 - 09:45	Dance Fusion
10:00 - 10:30	Introduction Group Cycle
13:00 - 13:45	20/20 Core and Stretch
14:30 - 15:15	Team Beats
18:00 - 18:45	Body Blitz
19:00 - 19:45	Urban Choreography
19:00 - 19:30	Group Cycle

### TUESDAY

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07:00 - 07:30	Group cycle
08:00 - 08:45	Body Conditioning
09:00 - 09:30	Group Cycle
09:00 - 09:45	Full body Fascia Stretch
10:00 - 10:45	Ballet
11:00 - 12:00	Nia Dance
12:30 - 13:15	Team Beats
14:30 - 15:15	Lift Club
17:15 - 17:45	Group Cycle
18:00 - 18:45	Strength & Conditioning

### WEDNESDAY

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07:00 - 07:30	HIIT
08:00 - 08:45	Calorie Blast
09:00 - 09:45	Abs Blast
10:00 - 10:30	Group Cycle
10:30 - 11:30	Barre
12:00 - 12:30	Group Cycle
13:00 - 14:00	Lift Club
17:00 - 17:45	BoxFit
18:00 - 18:45	Dance Fusion
19:00 - 19:30	Group Cycle

### THURSDAY

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07:00 - 07:30	Group Cycle
08:00 - 08:45	Abs, Glutes & Thighs
09:00 - 09:45	Kettlebells
10:00 - 10:45	Strong and Stable
10:30 - 11:00	Group Cycle
11:45 - 12:45	Belly Fit
14:30 - 15:15	Team Beats
17:15 - 17:45	Group Cycle
18:00 - 18:45	Stronger, Fitter, Faster
19:00 - 20:00	Barre

### FRIDAY

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07:00 - 07:30	Body Extreme
08:00 - 08:45	Circuits
09:00 - 09:45	Body Conditioning
10:00 - 10:30	Group Cycle
13:00 - 13:45	Strong & Stable
14:00 - 15:00	Tennis Roll Up
14:15 - 15:00	Team Beats
17:15 - 18:00	Group Cycle
18:00 - 18:45	Kettlebells

### SATURDAY

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08:00 - 08:45	Group Cycle
10.30 - 11.15	Weekend Warrior
13:00 - 13:45	Team Beats
17:30 - 18:15	Body Conditioning

### SUNDAY

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08:00 - 08:45	Group Cycle
10.30 - 11.15	Weekend Warrior
13:30 - 14:00	Group Cycle
17:30 - 18:15	Team Beats

Please remember to book classes in good time to avoid disappointment.  
Book on the Club Calcot Membership portal.

# CLUB CALCOT

## HOLISTIC STUDIO CLASSES

### MONDAY

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09:00 - 10:00 Ashtanga Yoga  
10:15 - 11:15 Vinyasa Flow Yoga  
11:30 - 12:30 Pilates  
19:00 - 20:00 Hatha Yoga

### TUESDAY

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09:15 - 10:30 Flow Yoga  
10:45 - 11:45 Gentle Yoga  
12:00 - 13:00 Back to Basics  
18:00 - 19:00 Meditation and Breathwork  
19:15 - 20:15 Yoga Nidra

### WEDNESDAY

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10:00 - 11:00 Tai Chi  
11:30 - 12:30 Dynamic Pilates  
19:00 - 20:00 Slow Flow Yoga

### THURSDAY

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08:45 - 09:45 Dynamic Flow  
10:00 - 11:00 Pilates  
12:00 - 13:15 Hatha Yoga

### FRIDAY

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10:00 - 11:00 Soulful Yoga  
11:15 - 12:15 Soulful Yoga  
19:00 - 19:45 Stretch & Roll

### SATURDAY

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### SUNDAY

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10:00 - 11:00 Vinyasa Yoga

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