

CLUB CALCOT

FITNESS STUDIO & OUTDOOR CLASSES

MONDAY

07:00 - 07:45	Box Fit
08:00 - 08:45	Circuits
09:00 - 09:45	Dance Fusion
10:00 - 10:45	20/20 Core and Stretch
11:00 - 12:00	Ballet
12:45 - 13:30	Barre
17:15 - 17:45	Group Cycle
18:00 - 18:45	Body Blitz

TUESDAY

07:00 - 07:30	HIIT / Group Cycle
08:00 - 08:45	Body Conditioning
09:00 - 09:45	20/20 Core and Stretch
10:00 - 10:45	Functional Lift
10:00 - 11:00	Ballet
11:00 - 12:00	Nia Dance
17:15 - 17:45	Group Cycle
18:00 - 18:45	Strength & Conditioning

WEDNESDAY

07:00 - 07:30	HIIT
08:00 - 08:45	Calorie Blast
09:00 - 09:45	Abs Blast
10:30 - 11:15	Barre
11:30 - 12:15	Barre
13:00 - 13:45	Functional Lift
17:00 - 17:45	BoxFit
18:00 - 19:00	Modern/Jazz Dance

THURSDAY

07:00 - 07:30	HIIT / Group Cycle
08:00 - 08:45	Abs, Glutes & Thighs
09:00 - 09:45	Kettlebells
10:00 - 10:45	Strong and Stable
11:00 - 11:45	Musical Jazz
12:00 - 12:30	Virtual Cycle
17:15 - 17:45	Group Cycle
18:00 - 18:45	Strength and Conditioning
19:00 - 19:45	H-Y-R-O-X

FRIDAY

07:00 - 07:30	Body Extreme
08:00 - 08:45	Circuits
09:00 - 09:45	Body Conditioning
10:00 - 10:45	H-Y-R-O-X
10:00 - 10:45	Barre
10:45 - 11:30	Barre
11:45 - 12:45	Modern/Jazz Dance
13:00 - 13:45	Functional Lift
17:15 - 18:00	Endurance Ride
18:00 - 18:45	Kettlebells

SATURDAY

08:00 - 08:30	Group Cycle
10.30 - 11.15	Weekend Warrior

SUNDAY

08:00 - 08:30	HIIT
10.00 - 10.30	Group Cycle

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

CLUB CALCOT

HOLISTIC STUDIO CLASSES

MONDAY

08:45 - 09:45 Dynamic Vinyasa Yoga
10:00 - 11:00 Tai Chi
11:30 - 12:30 Pilates
19:00 - 20:00 Pilates

TUESDAY

08:00 - 08:45 Sunrise Yoga
09:30 - 10:30 Flow Yoga
10:45 - 11:45 Gentle Yoga
12:00 - 13:00 Back to Basics
18:00 - 18:45 Precision Pilates
19:00 - 19:45 Sunset Yoga

WEDNESDAY

07:30 - 08:15 Sunrise Yoga
08:45 - 09:45 Dynamic Vinyasa Yoga
10:00 - 11:00 Tai Chi
11:15 - 12:00 Precision Pilates
12:30 - 13:30 Yin Yoga
19:00 - 20:00 Slow Flow Yoga

THURSDAY

08:00 - 08:30 Body weight Blast
09:00 - 09:45 Precision Pilates
10:00 - 11:00 Pilates
11:30 - 12:30 Yin Yoga
18:00 - 18:45 Sunset Yoga
19:00 - 19:45 Yoga Nidra and Meditation
17:00 - 18:00 Gong Bath (every 4 weeks)
18:15 - 19:15 Gong Bath (every 4 weeks)

FRIDAY

08:45 - 09:45 Yoga For Strength and Flexibility
10:00 - 11:00 Soulful Yoga
11:15 - 12:15 Soulful Yoga
12:30 - 13:30 Pilates

SATURDAY

09:00 - 09:45 Precision Pilates
10:00 - 10:45 Indonesian Yoga
15:30 - 16:30 Power Yoga

SUNDAY

09:00 - 10:00 Yang - Yin Flow Yoga
10:15 - 11:15 Vinyasa Yoga

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