

## FITNESS CLASS TIMETABLE

All group classes are free to members and hotel guests  
- Classes must be pre-booked in via the spa reception or online portal to ensure your space. For more information, please see a member of the gym team.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HIIT <i>with Chris</i> 6 - 6.45am		HIIT <i>with Chris</i> 6 - 6.45am		Yoga <i>with Jen</i> 7 - 7.50am		
HIIT <i>with Chris</i> 7 - 7.45am		HIIT <i>with Chris</i> 7 - 7.45am	FUNCTIONAL 40 <i>with Pablo</i> 8 - 9am	FUNCTIONAL 40 <i>with Pablo</i> 8 - 9am	FUNCTIONAL 40 <i>with Pablo</i> 8 - 9am	FUNCTIONAL 40 <i>with Pablo</i> 8 - 9am
Yoga <i>with Lisa</i> 9 - 10am		Yoga <i>with Lisa</i> 9 - 10am	Cardio & Abs <i>with Pablo</i> 9.15 - 10am		Yoga <i>with Jen</i> 9 - 10am	Yoga <i>with Lisa</i> 9 - 10am
	Yoga <i>with Jen</i> 10 - 11am		Yoga <i>with Lisa</i> 10 - 11am			
	Yoga <i>with Jen</i> 4 - 5pm	Yoga <i>with Jen</i> 4 - 5pm		Yoga <i>with Jen</i> 4 - 5pm		
HIIT <i>A fun partner workout for all abilities, with Chris</i> 5.45 - 6.30pm		HIIT <i>with Chris</i> 5.45 - 6.30pm		HIIT <i>with Chris</i> 5.45 - 6.30pm		
HIIT <i>A fun partner workout for all abilities, with Chris</i> 6.45 - 7.30pm	Pilates <i>with Laura</i> 7.30 - 8.30pm	Cardio & Abs <i>with Chris</i> 6.45 - 7.30pm	Pilates <i>with Laura</i> 7.15 - 8.15pm	HIIT <i>with Chris</i> 6.45 - 7.30pm		
		Yoga <i>with Lisa</i> 7.45 - 8.45pm				

## **YOGA**

Deep relaxation class including breath control, simple meditation and the adoption of specific bodily postures.

## **HIIT**

Join in on a high-intensity interval training aimed to build strength, agility and fitness levels through short bursts of different exercises.

## **CARDIO & ABS**

Cardio and abs go together like scones and clotted cream! A HIIT based class focusing on strengthening of the core and abdominal muscles, whilst inadvertently improving cardiovascular endurance.

## **PILATES**

An exercise regime that is typically performed on a floor mat or with the use of specialized apparatus and aims to improve flexibility and stability by strengthening the muscles and especially the torso-stabilizing muscles of the abdomen and lower back.

## **FUNCTIONAL 40**

Functional fitness is a type of exercise that supports and mimics your everyday life. It includes movements such as walking, pushing, pulling, bending, squatting, twisting, reaching, lunging, and core. These exercises improve functional strength.

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