

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		HIIT <i>with Jordan</i> 8 - 8.45am		
Yoga <i>with Lisa</i> 9 - 10am		Yoga <i>with Lisa</i> 9 - 10am		Spinning & Core <i>with Jordan</i> 9 - 9.45am	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			Breathwork & Meditation 10.30 - 11.45am
	Yoga <i>with Jen</i> 4 - 5pm	Yoga <i>with Jen</i> 4 - 5pm	Kettlebells <i>with Jordan</i> 4 - 4.45pm	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 Jordan</i> 5.15 - 6pm	HIIT <i>with Chris</i> 5.45 - 6.30pm	Spinning <i>with Jordan</i> 6 - 6.45pm	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	Boxing Techniques & Conditioning <i>with Jordan</i> 6.15pm-7pm	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		
	Pilates <i>with Laura</i> 7.30 - 8.30pm					

## 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.

---

---

### **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.

---

---

Fistral Spa, Esplanade Road, Newquay, TR7 1PT  
01637 852221  
fistralbeachhotel.co.uk | @fistralbeachhotel