

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	Yoga <i>with Jen</i> 7 - 7.50am	HIIT <i>with Chris</i> 6 - 6.45am	HIIT <i>with Chris</i> 6 - 6.45am	Yoga <i>with Jen</i> 7 - 7.50am	Fistral Run Club 7 - 8am	
HIIT <i>with Chris</i> 7 - 7.45am		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 Jen</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
Pilates <i>with Laura</i> 11am - 12pm						
	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	HIIT <i>with Jordan</i> 5 - 5.45pm	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	HIIT <i>with Chris</i> 6.45 - 7.30pm	Boxing Techniques & Conditioning <i>with Jordan</i> 6.15 - 7pm	HIIT <i>with Chris</i> 6.45 - 7.30pm		
	Pilates <i>with Laura</i> 7.45 - 8.45pm		Pilates <i>with Laura</i> 7.15 - 8.15pm			

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.

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.

KETTLEBELL CONDITIONING

A powerful style of training that blends classical kettlebell movements with calisthenics. It focuses on developing strength, muscle mass, mobility, flexibility, and aerobic conditioning all in one session.

BOXING TECHNIQUE AND CONDITIONING

(Non-Contact)

Focusing on the essentials of classic boxing: footwork drills, basic punches, combinations, and movement. These elements are blended together with pad work, bag work, and partner drills. Expect a great deal of push-ups, squats, jump rope, and even some resistance training.

SPIN AND CORE

Blending intense, spin-based training to really toast the legs, followed immediately by a burning abdominal workout.

BREATHWORK AND MEDITATION

Conscious connected breathwork is one of many styles and approaches to breathwork. Through specific breathing technique, we are able to place ourselves into an altered state of consciousness.

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