CLASS TIMETABLE

Monday

6.30	Strength & Conditioning	45 Minutes
9.20	Les Mills Body Pump	60 Minutes
10.30	Aqua	45 Minutes
10.30	Pilates	60 Minutes
11.30	Hatha Yoga	60 Minutes
13.00	Group Training - Push	45 Minutes
17.30	Spin Express	30 Minutes
18.15	Dance Fit	45 Minutes

Tuesday

6.30	BoxFit	45 Minutes
9.20	Dance Fit	60 Minutes
9.30	Nordic Walking (Outside)	60 Minutes
10.30	Total Body Conditioning	45 Minutes
11.30	Vikasa Yoga	60 Minutes
13.00	Bootcamp	45 Minutes
17.30	Pilates	60 Minutes
18.30	Vinyasa Yoga	60 Minutes
19.40	Pump	45 Minutes

Wednesday

6.30	Spin Express	30 Minutes
9.15	Les Mills Body Pump	60 Minutes
10.15	Les Mills Body Balance	45 Minutes
10.30	Aqua	45 Minutes
11.00	Iyengar Yoga	90 Minutes
13.00	Group Training - Pull	45 Minutes
17.30	Strength & Conditioning	45 Minutes
18.30	Pilates	60 Minutes

Thursday

6.30	Bootcamp	45 Minutes
9.20	Les Mills Body Combat	60 Minutes
10.30	Yogalates	60 Minutes
11.40	Dance Fit	45 Minutes
13.00	Circuit Training	45 Minutes
17.15	Boogie Bounce	45 Minutes
18.15	Vinyasa Yoga	60 Minutes
19.30	Legs, Bums & Tums	45 Minutes

Friday

6.30	Spin Circuit	45 Minutes
9.30	HIIT Strength	45 Minutes
10.30	Aqua	45 Minutes
10.30	Hatha Yoga	60 Minutes
11.35	Pilates	60 Minutes
13.00	Group Training - Legs	45 Minutes
16.30	Raise The Barre	60 Minutes
17.30	Aerial Yoga	60 Minutes
18.45	Spin Express	30 Minutes

Saturday

9.00	Les Mills Body Pump	60 Minutes
10.05	Yogalates	60 Minutes
11.20	Bootcamp	45 Minutes

Sunday

9.00	Spin Circuit	45 Minutes
9.30	Nordic Walking (Outside)	60 Minutes
10.00	Vinyasa Yoga	60 Minutes
17.30	Meditation & Sound Bath Last Sunday of each month	60 Minutes
18.30	Monthly Meditation Second Sunday of each month	90 Minutes

To book a class go online, call 0191 375 3088 or email fitnessteam@ramsidespa.co.uk

We offer a wide range of exercise classes at a very high standard to suit everyones needs for studio exercise. Our variety of classes cater to all abilities and fitness levels.

Available to book online 7 days in advance. Please book early to avoid disappointment.