



ALTERED IMAGES Studio 1&2 Classes Winter 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN								
MON	HIIT 6.00-6.30 Studio 1 RACHEL	L B T 8.30-9.15 Studio 1 CARLA	AQUAFIT 9.30-10.15 Poolside CARLA	REBOUND 9.30-10.15 Studio 1 JOLIE	INSANITY 30-11.30 Studio 2 CARLA	10. Gym Workout 10.30-11.30 Mixed Gym NICKY	LES MILLS BODYBALANCE™ 10.45-11.45 Studio 1 JOLIE								
TUES	REBOUND 8.30-9.15 Studio 1 CARLA	AQUAFIT 9.30-10.15 Poolside RACHAEL	WEIGHT LOSS 9.30-10.30 Cardio Gym NICKY	ZUMBA 9.30 - 10.30 Studio 1 CARLOS	Kettlecise 9.30 - 10.20 Studio 2 CARLA	PILATES 10.30-11.30 Studio 1 PHIL		Kettlebell Bash 18.00-18.45 Studio 2 CHRIS	SPIN 18.30-19.00 Spin Studio TINA	CARDIO PUMP 19.00-20.00 Studio 1 CHRIS	Body Conditioning 19.00-19.45 Studio 2 TINA	Stretch & Tone 19.45-20.30 Studio 2 TINA			
WED	LES MILLS BODYPUMP 6.00-6.45 Studio 1 RACHEL	YOGA 8.30-9.15 Studio 2 RACHEL	HARD Water 8.30 - 9.15 Poolside CARLA	Abs & Weights 9.30 - 10.15 Studio 1 CARLA	Kettlebell Bash 9.30 - 10.30 Studio 2 CHRIS	Gym Workout 9.30-10.30 Mixed Gym NICKY	LES MILLS BODYPUMP 10.15-11.15 Studio 1 JOLIE	SPIN 10.30-11.15 Spin Studio RACHEL	LES MILLS BODYBALANCE™ 11.30-12.30 Studio 1 JOLIE	AQUAFIT 12.15-1.00 poolside RACHAEL	LES MILLS BODYPUMP 18.00-19.00 Studio 1 MEL	SPIN 18.15-19.00 Spin Studio JEMMA	Abs & Weights 19.15 - 20.00 Studio 2 Mel	GROOVE 19.00-20.00 Studio 1 RACHAEL	LES MILLS BODYBALANCE™ 20.00-20.45 Studio 2 NAOMI
THURS	Kettlecise 8.30-9.20 Studio 2 CARLA	CardioTONE 9.30-10.30 Studio 1 CARLA	AQUAFIT 9.30-10.15 Poolside LAURA	PILATES 10.45-11.45 Studio 1 RACHAEL					AQUAFIT 18.00-18.45 poolside LOUISE	Kettlebell Bash 18.00-19.00 Studio 2 Chris	CARDIO PUMP 19.00-20.00 Studio 1 CHRIS	METAFIT 19.00-19.30 Studio 2 WEZ	BOXERCISE 19.30-20.30 Studio 2 NEIL		
FRI	Abs & Weights 6.00-6.45 Studio 1 RACHAEL	GROOVE 8.30-9.30 Studio 1 RACHAEL	AQUAFIT 9.30 - 10.15 Poolside RACHAEL	Kettlebell Bash 9.30 - 10.30 Studio 2 CHRIS	FLEX & RELAX 10.30 - 11.15 Studio 2 CHRIS	LES MILLS BODYBALANCE™ 12.30 - 13.30 Studio 1 RACHAEL					LES MILLS BODYPUMP 18.00-19.00 Studio 1 MEL				
SAT	AQUAFIT 9.00-9.45 poolside LOUISE	SPIN 9.00 - 9.45 Spin Studio NAOMI	LES MILLS BODYPUMP 9.55-10.40 Studio 1 NAOMI	Kettlecise 10.00-10.45 Studio 2 LAURA	ZUMBA 10.45-11.45 Studio 1 TINA	YOGA 11.45-12.45 Studio 2 LINDA	CLASSES WITH ★RE-BOOK AT RECEPTION								
SUN	Challenging Circuits! 9.00-10.00 Studio 1 NICKY	TAI CHI 10.00-11.00 Studio 2 MICHELLE	Gentle Circuits 10.30-11.30 Studio 1 NICKY				KEY TO EXERCISE CLASSES Water Based exercises Strength & Conditioning Toning Floor & Mat Work Kettlecise FAT Elimination Spinning Cardio based Fitness Weight Loss Group Mind Body & Stretching Body Pump ZUMBA Hi-Intensity								