



AT SOUTH LODGE

**MONDAY**

<b>06:30-07:00</b>	Core Blast	Fitness	<b>14:00-15:00</b>	Tai Chi	Paul
<b>08:00-09:30</b>	Little Lodgers Splash Time		<b>15:00-16:00</b>	Advanced Tai Chi	Paul
<b>08:15-09:00</b>	Spin	Fitness	<b>16:00-17:30</b>	Little Lodgers Splash Time	
<b>09:00-10:00</b>	Barre	Nicky	<b>17:00-17:45</b>	Full body Stretch	Fitness
<b>09:30-10:00</b>	Spa HIIT	Fitness	<b>18:00-18:45</b>	Drum & Base Combat	Fitness
<b>10:00-10:45</b>	Aqua	Nicky	<b>20:00-20:30</b>	TRX	Fitness
<b>11:00-12:00</b>	Vinyasa Yoga	Diana			

**TUESDAY**

<b>06:30-07:00</b>	Box Fit	Fitness	<b>13:00-13:45</b>	Back to Fitness	Fitness
<b>08:00-09:30</b>	Little Lodgers Splash Time		<b>16:00-17:00</b>	Hatha Yoga	Angela
<b>08:00-08:30</b>	Beginners Spin	Fitness	<b>16:00-17:30</b>	Little Lodgers Splash Time	
<b>09:00-10:00</b>	Zumba	Robert	<b>18:00-18:30</b>	Spa HIIT	Fitness
<b>10:15-11:00</b>	80's Aqua	Robert	<b>19:30-20:15</b>	Full Body Stretch	Fitness
<b>11:30-12:30</b>	Pilates	Justin	<b>20:30-21:15</b>	Spin	Fitness

**WEDNESDAY**

<b>06:30-07:00</b>	Core Blast	Fitness	<b>13:00-14:00</b>	Pilates	Kat
<b>08:00-09:30</b>	Little Lodgers Splash Time		<b>15:00-15:30</b>	Back to Fitness	Fitness
<b>08:30-09:15</b>	Spin	Fitness	<b>16:00-17:30</b>	Little Lodgers Splash Time	
<b>09:30-10:00</b>	Spa HIIT	Fitness	<b>18:00-19:00</b>	Power Yoga	Hinako
<b>10:00-11:00</b>	Hatha Yoga	Angela	<b>19:30-20:00</b>	TRX	Fitness

**THURSDAY**

<b>06:30-07:00</b>	TRX	Fitness	<b>13:00-13:45</b>	Box Fit	Fitness
<b>08:00-09:30</b>	Little Lodgers Splash Time		<b>16:00-16:30</b>	Beginners Spin	Fitness
<b>08:30-09:00</b>	Spa HIIT	Fitness	<b>16:00-17:30</b>	Little Lodgers Splash Time	
<b>09:45-10:30</b>	80's Aqua	Robert	<b>17:45-18:45</b>	Full Body Stretch	Fitness
<b>09:30-10:30</b>	Legs, Bums and Tums	Diana	<b>19:15-20:15</b>	Pilates	Justin
<b>11:00-12:00</b>	Vinyasa Yoga	Diana	<b>20:15-21:00</b>	Spin	Fitness

**FRIDAY**

<b>06:30-07:00</b>	Spa HIIT	Fitness	<b>13:00-13:30</b>	Battle Rope Blast	Fitness
<b>08:00-09:30</b>	Little Lodgers Splash Time		<b>14:00-15:00</b>	Pilates	Kat
<b>08:30-09:15</b>	Spin	Fitness	<b>16:00-16:45</b>	Zumba	Robert
<b>09:30-10:00</b>	TRX	Fitness	<b>16:00-17:30</b>	Little Lodgers Splash Time	
<b>11:30-12:30</b>	Tai Chi	Paul	<b>17:00-17:45</b>	Box Fit	Fitness
			<b>18:00-18:45</b>	Aqua Circuits	Fitness

**SATURDAY**

<b>08:00-08:45</b>	Spin	Fitness			
<b>08:00-09:30</b>	Little Lodgers Splash Time				
<b>09:30-10:00</b>	Spa HIIT	Fitness			
<b>09:30-10:30</b>	Vinyasa Yoga	Katie			
<b>10:45-11:45</b>	Mindful Flow & Meditation	Katie			
<b>15:00-16:00</b>	Walk	Fitness			
<b>16:00-17:30</b>	Little Lodgers Splash Time	Outdoors			

**SUNDAY**

<b>08:00-08:45</b>	Spin	Fitness			
<b>08:00-09:30</b>	Little Lodgers Splash Time				
<b>09:30-10:00</b>	Spa HIIT	Fitness			
<b>09:00-10:00</b>	Beginner's Yoga				Hinako
<b>11:00-12:00</b>	Walk				Fitness
<b>16:00-17:30</b>	Little Lodgers Splash Time				

Each of our gym team is available for a one to one personal training session:

Spa Member 1 Hour PT = £48

5 x 1 Hour PT Sessions = £200

10 x 1 Hour PT Sessions = £400

\*\*Timetable subject to change\*\*