

Fitness Timetable

Monday

06:30 – 07:15 Core Blast
08:00 – 08:30 Spin
09:00 – 10:00 Tennis Express
09:15 – 10:00 Fitness Pilates
09:30 – 10:15 Spa HIIT
10:00 – 11:00 Cardio Tennis
10:00 – 11:00 Pilates
10:15 – 11:00 Aqua Zumba
10:30 – 11:15 Wild Swimming
11:00 – 11:45 Poolates
11:15 – 12:15 Yogalates
11:30 – 12:15 Legs, Bums, Tums
12:30 – 13:30 Yoga
14:30 – 15:15 Wild Swimming
18:00 – 18:30 HIIT
18:45 – 19:15 Express Spin

Tuesday

06:30 – 07:00 TRX
08:30 – 09:15 Spin
08:45 – 09:30 Pose Barre
10:00 – 10:45 Aqua Gym
10:00 – 11:00 Zumba
10:30 – 11:15 Wild Swimming
11:00 – 11:30 Qi Gong
11:30 – 12:30 Tai Chi
11:30 – 12:15 Body Conditioning
12:30 – 13:15 Functional Pilates
13:30 – 14:00 Battle Ropes
13:30 – 14:15 Beginners Mat Pilates
14:30 – 15:15 Wild Swimming
14:30 – 15:30 Iyengar Yoga
15:45 – 16:45 Tai Chi
17:00 – 17:45 Intermediate Pilates
18:00 – 18:30 HIIT
18:00 – 18:45 Pose Barre
18:15 – 19:00 Learn to Lift
19:00 – 19:45 Hatha Yoga

Wednesday

06:30 – 07:00 Battle Rope Blast
09:30 – 10:00 HIIT
09:30 – 10:30 Ashtanga Yoga
10:30 – 11:15 Wild Swimming
10:30 – 11:15 Body Conditioning
10:35 – 11:20 Pose Barre
11:30 – 12:15 Body Conditioning
11:45 – 12:45 Pilates
12:45 – 13:45 Pilates
14:00 – 15:00 Vitality Energy Flow
14:30 – 15:15 Wild Swimming
17:30 – 18:00 Full Body Stretch
18:15 – 19:00 Fitness Racing
19:00 – 20:00 Yin Yoga

Thursday

06:30 – 07:00 Core Blast
08:30 – 09:00 HIIT
08:30 – 09:00 Spin
09:15 – 10:00 Pose Barre
09:30 – 10:15 Body Pump
09:45 – 10:30 Aqua Gym
10:00 – 11:00 Pilates
10:30 – 11:15 Wild Swimming
10:30 – 11:15 Body Pump
11:15 – 12:15 Vinyasa Yoga
12:15 – 13:00 Yoga
13:00 – 14:00 Beginners Yoga
13:15 – 14:00 Learn to Lift
14:30 – 15:30 Iyengar Yoga
14:30 – 15:15 Wild Swimming
17:45 – 18:30 Fitness Pilates
18:15 – 18:45 Battle Rope Blast
18:45 – 19:45 Pilates

Friday

06:30 – 07:00 HIIT
08:00 – 09:00 Step Aerobics
08:30 – 09:00 Express Spin
09:00 – 10:00 Zumba
09:30 – 10:15 Body Conditioning
10:00 – 11:00 Rusty Rackets
10:15 – 11:15 Pilates
10:30 – 11:15 Wild Swimming
10:30 – 11:15 Body Conditioning
11:00 – 12:00 Rusty Rackets
11:20 – 11:50 Qi Gong
11:50 – 12:40 Tai Chi
11:45 – 12:30 Aqua Fit
12:00 – 13:00 Improvers Tennis
12:30 – 13:15 Poolates
12:45 – 13:30 Pilates
13:30 – 14:15 Pilates
14:30 – 15:15 Wild Swimming
18:15 – 19:00 Circuits
18:00 – 19:00 Relax and Unwind

Saturday

08:00 – 08:30 Spin
09:00 – 09:30 HIIT
09:00 – 10:00 Vinyasa Yoga
10:15 – 11:15 Yogalates
10:30 – 11:15 Wild Swimming
10:30 – 11:15 Body Conditioning
11:45 – 12:30 Learn to Lift
12:00 – 13:00 Rusty Rackets
12:30 – 13:30 Vitality Energy Flow
13:00 – 14:00 Improvers Tennis
13:45 – 14:45 Kundalini Yoga
14:15 – 14:45 Kettlebells
14:30 – 15:15 Wild Swimming
16:30 – 17:15 Spa HIIT

Sunday

09:00 – 09:45 Southlodge Run Club
09:15 – 10:00 Beginners Mat Pilates
10:00 – 10:45 BoxFit
10:15 – 11:00 Intermediate Pilates
10:30 – 11:15 Wild Swimming
11:00 – 11:45 Bootcamp
12:15 – 13:15 Vinyasa Yoga
13:30 – 14:15 Yogalates
14:30 – 15:15 Wild Swimming
16:00 – 16:30 Virtual Spin

Little Lodgers Splash Time;

08:00 – 09:30 & 16:00 – 17:30 Daily
Indoor Infinity Pool and Wild Swimming Pool Only

Timetable subject to change.

