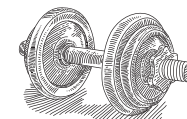


Daily Programme



MONDAY

TIME	DESCRIPTION
08:00-08:30	Wake Up Workout
09:30-10:00	Aqua Fit
10:15-11:00	Circuits
11:15-11:45	Stretch & Relax
14:00-14:45	Pilates
15:00-15:30	Kettlebell
16:00-16:30	Stretch & Relax
18:15-19:00	Body Sculpt
19:00-19:45	Champ Ride 45

TUESDAY

TIME	DESCRIPTION
08:00-08:30	Morning Walk
09:00-09:30	Aqua Mitt
09:30-10:30	Hatha Yoga (£)
10:45-11:30	Barre Fusion
11:30-12:00	Stretch & Calm
14:00-14:45	Country Hike
15:00-15:30	Champ Ride 30
16:00-16:30	Stretch & Relax
18:30-19:00	Aqua Fit
19:15-20:00	BoxFit

WEDNESDAY

TIME	DESCRIPTION
08:00-08:30	Wake up Workout
09:30-10:00	Aqua Fit
10:15-10:45	Tabata
11:00-11:30	Foam Roller
11:30-12:00	Gym Intro
14:00-14:45	Box Fit
15:00-15:45	Country Hike
15:00-15:55	Fitness Pilates
16:00-16:30	Stretch & Relax
18:00-18:45	Champ Ride 45
18:45-20:00	Hatha Yoga (£)

THURSDAY

TIME	DESCRIPTION
08:00-08:30	Morning Walk
09:00-09:30	Aqua Mitt
10:00-10:45	Circuits
11:00-11:30	Champ Ride 30
14:00-14:45	Country Hike
15:00-15:45	Barre Fusion
16:00-16:30	Stretch & Relax
17:30-18:15	Power Hoop
18:30-19:00	Aqua Mitt
18:30-19:15	Fitness
19:15-20:00	Body Sculpt

FRIDAY

TIME	DESCRIPTION
08:00-08:30	Wake up Workout
09:30-10:00	Aqua Fit
10:30-11:00	Champ Ride 30
11:15-12:10	Vinyasa Yoga (£)
14:00-14:45	Country Hike

TIME	DESCRIPTION
15:00-15:45	Legs, Bums, Tums
16:00-16:30	Stretch & Relax
18:15-19:00	Circuits
19:15-20:00	Champ Ride 45

SATURDAY

TIME	DESCRIPTION
08:30-09:00	Morning Walk
09:30-10:00	Aqua Mitt
10:15-11:00	Boot Camp Circuits
11:15-12:15	Vinyasa Yoga (£)
14:00-14:30	Metapower
14:30-15:15	Country Hike
15:30-16:00	Foam Roller
16:00-16:30	Stretch & Relax
18:15-19:00	Circuits

SUNDAY

TIME	DESCRIPTION
08:30-09:00	Morning Walk
09:30-10:00	Aqua Fit
10:00-10:55	Fitness Pilates
11:15-12:00	Champ Ride 45
14:00-14:45	Country Hike
15:00-15:30	Express Circuits
16:00-16:30	Stretch & Relax
18:15-19:00	Body Sculpt

FITNESS SERVICES

Body composition analysis	£25 15 mins
Health appraisal	£25 30 mins
Exercise prescription	£55 55 mins
Fitness evaluation	£50 55 mins

PERSONAL TRAINING

Why not book a fun, personalised, one-to-one workout which will enable you to focus upon your health and fitness goals. You can choose a one-off session to kick start your exercise routine or take advantage of our discounted rates when you train with a friend or book a series of sessions to keep that motivation going. Training sessions are tailored to your needs at home, in the pool, at the gym or outdoors.



Personal training one-to-one	£30 25 mins
Personal training for two people	£50 55 mins
5 x 55 mins personal training sessions	£75 55 mins
10 x 55 mins personal training sessions	£200 55 mins
Tennis Lesson	£30 55 mins

FOR MORE INFORMATION PLEASE CONTACT THE FITNESS RECEPTION