



WOTTON HOUSE

COUNTRY ESTATE HOTEL

Class Timetable

Monday

- 9.45-10.30am Aqua (Kate)
- 10.45-11.30am Aero-Tone (Kate)
- 11.30-12. Core Conditioning (Kate)
- 12.45-13.45pm -Tai Chi- intermediate (Stephen)
- 5.30-6.15pm Cardio Boxing (Magda)
- 6.30-7.30pm Yoga (Magda)

Tuesday

- 7-7.45am Spin (Magda)
- 9.30-10.15am Yoga (Magda)
- 10.30-11.30am Dance Conditioning (Angie)
- 5.45-6.30pm Spin (Sarah S)
- 6.45-7.15pm Abs Blast (Sarah S)

Wednesday

- 5.45-6.30pm Spin (Marco)
- 6.45-7.45pm Pilates (Emma)

Thursday

- 9.30-10.15am -Yoga (Magda)
- 10.30-11.15am -Dance Aerobic (Wendy)
- 11.20-12.05pm -Core Strength (Wendy)
- 5.30-6.15pm Strength Pump (Magda)
- 6.30-7.30pm Yoga (Magda)

Friday

- 7-7.45am Circuit Training in the gym (Magda)
- 9.30-10.15am Spin (Sarah C)
- 10.30-11.30 Pilates (Emma)

Saturday

- 9.30-10.30am Yoga (Amanda)
- 11.30am-12.30am Konga (Becky)

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