



WOTTON HOUSE

COUNTRY ESTATE HOTEL

EVERGREEN SINCE 1618

Class Timetable

Monday

- 9.45- 10.30am Aqua (Kate)
- 10.45-11.30am Aero-Tone (Kate)
- 12.45-13.45pm -Tai Chi (Stephen)
- 17.30-18.15 Cardio Conditioning (Magda)
- 18.00 -18.45 Strength Pump (Magda)
- 19.00-20.00pm Yoga (Magda)

Tuesday

- 9.30-10.25am Yoga (Magda/Suzie)
- 10.30-11.30am Dance Conditioning (Angie)
- 12-12.45pm Legs Bums Tums (Magda/Suzie)
- 17.45-18.30pm Spin (Sarah S)
- 18.45-19.15pm Abs Blast (Sarah S)

Wednesday

- 9.45-10.30am Spin (Magda)
- 10.30-11.15am Pump Strength (Magda)
- 10.30-11.15am Aqua (Wendy)
- 18.00-19.00pm Pilates (Emma)
- 19.15-20.15pm Pilates (Emma)

Thursday

- 9.30-10.25am -Yoga (Magda)
- 10.30-11.15am -Dance Aerobic (Wendy)
- 11.20-12.05pm -Core Strength (Wendy)
- 17.30-18.15pm - Spin (Magda)
- 18.30-19.15pm Strength Pump (Magda)
- 19.30-20.30pm Yoga (Zoe)

Friday

- 7.00-7.45am Circuit Training in the gym (Mike)
- 9.30-10.15am Spin (Magda)

Saturday

- 10.00-11.00am Yoga (Zoe)