



WOTTON HOUSE

COUNTRY ESTATE HOTEL

EVERGREEN SINCE 1618

Class Timetable

Monday

09.30- 10.15am LBT
09.30- 10.15am Aqua
10.30-11.30am Pilates
12.45-13.45pm -Tai Chi
18.00 -18.45 Strength Pump
19.00-20.00pm Yoga

Tuesday

09.30-10.15am Yoga
10.30-11.15am Dance Aerobic
11.20-12.00 Strong & Lean
18.30-19.15pm Spin
19.15-20.00pm SAS Steps Abs Strength

Wednesday

09.30-10.15am Aqua
09.45-10.30am Spin
10.30-11.15am Pump Strength
17.30-18.30pm Pilates
18.30-19.30pm Pilates

Thursday

09.30-10.15am -Yoga
10.30-11.15am -Dance Aerobic
11.20-12.00pm -Core Strength
17.30-18.15pm - Spin
18.30-19.15pm Strength Pump
19.30-20.30pm Yoga

Friday

06.30-7.15am Gym circuits
09.10-09.55am Spin
10.00-10.55am Pilates
11.00-12.00am Pilates

Saturday

09.00-9.45am DanceFit
10.00-11.00am Yoga