



# 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  
11.15-12.00pm Yoga