

Studio & Tennis Timetable

Studio One

MONDAY	Class Name
7.00-7.45	NEW - Studio Cycle
9.30-10.30	Body Pump
10.45-11.30	Studio Cycle
11.30-12.30	Legs, Bums & Tums
12.45-14.15	Balletcise *
18.00-18.45	Studio Cycle
19.00-20.00	Body Combat
20.00-21.00	Studio Cycle

TUESDAY	Class Name
7.00-7.45	NEW - Studio Cycle
9.30-10.15	Aerobics
10.15-11.00	Body Conditioning
11.00-12.00	Boxing Circuits
18.00-19.00	Step Aerobics
19.00-20.00	Body Pump
20.05-20.50	Studio Cycle

WEDNESDAY	Class Name
9.30-10.30	Balletcise *
10.45-11.45	Body Pump
18.00-19.00	Studio Cycle
19.00-20.00	Studio Cycle
20.00-21.00	Body Pump

THURSDAY	Class Name
9.30-10.30	Body Attack
11.00-12.00	NEW - Body Toning
18.00-19.00	Boot Camp Circuits*
19.00-20.00	Body Pump
20.05-21.05	Boot Camp Circuits*

FRIDAY	Class Name
9.30-10.30	Body Pump
10.45-11.30	Studio Cycle
12.15-13.15	Body Balance
18.00-19.00	Studio Cycle
19.00-20.00	NEW - Circuit Training

SATURDAY	Class Name
10.00-11.00	NEW - Studio Cycle Circuits
11.15-12.15	Body Pump

SUNDAY	Class Name
10.00-11.00	Body Attack
11.00-12.00	Studio Cycle

Studio Two

MONDAY	Class Name
9.30-10.30	Pilates Intermediates
10.30-11.30	Pilates Beginners
18.00-19.30	Vinyasa Yoga
19.30-20.30	NEW - Braziliance

TUESDAY	Class Name
10.00-11.30	Vinyasa Yoga
12.00-13.30	Yoga The Beginners Way
18.30-19.30	Pilates Beginners Progression
19.30-20.30	Pilates Intermediate/Advanced

WEDNESDAY	Class Name
9.30-10.30	Pilates Intermediates
10.30-11.30	Intro to Pilates
12.00-13.30	Vinyasa Yoga
18.00-19.00	Body Balance
19.00-20.00	Pilates
20.00-21.00	Pilates

THURSDAY	Class Name
7.00-7.45	NEW - Stretch
9.30-10.30	Pilates Intermediates
10.45-11.30	Fitball Conditioning
12.45-13.45	Pilates
14.00-15.00	Yoga Beginners
18.00-19.00	Legs Bums & Tums
19.00-20.00	Body Balance
20.00-21.30	Krama Yoga

FRIDAY	Class Name
9.30-10.30	Pilates Intermediates
10.45-12.15	Yoga The Beginners Way
12.15-13.45	Beginners Ashtanga Yoga
13.45-14.45	Pilates Intermediates

SATURDAY	Class Name
11.15-12.15	Pilates

SUNDAY	Class Name
9.00-10.30	Dynamic Hatha Yoga
10.30-12.00	Dynamic Hatha Yoga

Kinesis / Pool / Tennis / Other

MONDAY	Class Name
9.30-11.30	Tennis Club
10.45-11.45	Kinesis Technique
10.45-11.45	Aqua
17.00-18.30	Nordic Walking *
18.00-19.00	Kinesis Technique
18.30-20.30	Tennis Club

TUESDAY	Class Name
10.00-11.30	Ladies Tennis Morning *
11.30-12.30	Rusty Rackets *
11.15-12.15	Aqua
14.00-15.00	Cardio Tennis *
19.00-20.00	Running Club
20.00-20.45	Swim Club (see Debbie)

WEDNESDAY	Class Name
9.30-10.30	Aqua
10.00-12.00	Tennis Club
10.45-11.45	Kinesis Technique
18.00-19.00	Kinesis Technique
18.00-18.45	Aqua

THURSDAY	Class Name
18.30-20.30	Tennis Club

FRIDAY	Class Name
10.00-11.30	Nordic Walking *
10.45-11.45	Aqua

SATURDAY	Class Name
10.45-11.45	Kinesis Technique

*Courses at additional charge to membership
Please see reception for further details

For further details please see the main reception

www.wildmoorspa.com

All classes are subject to availability

