

The Club at Holbrook Class Timetable



Cardio Fat Burn	Holistic Relaxation	Strength Conditioning	Water Based
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Define Your Movement</b> 09:00 - 09:45	<b>Zumba</b> 10:00 - 10:45	<b>Circuits</b> 09:00 - 10:00	<b>Gentle Flow Yoga</b> 10:00 - 11:30	<b>Defined By Movement and Mobility</b> 09:00 - 10:00	<b>Small Group PT</b> 10:00 - 10:45	<b>Small Group PT</b> 10:00 - 10:45	
<b>Legs Bums and Tums</b> 10:00 - 11:00	<b>Small Group PT</b> 10:00 - 10:45	<b>DDPY</b> 10:00 - 11:00	<b>Small Group PT</b> 10:00 - 10:45		<b>Small Group PT</b> 10:00 - 10:45	<b>Studio Cycling Fortnightly</b> 11:00 - 11:45	<b>Studio Cycling Fortnightly</b> 11:00 - 11:45
<b>Small Group PT</b> 10:00 - 10:45	<b>Pilates</b> 11:00 - 12:00	<b>Tai Chi</b> 11:15 - 12:15	<b>Posture &amp; Stretch</b> 11:45 - 12:45		<b>Body Conditioning</b> 10:15 - 11:15	<b>Turtle Tots</b> 13:30 - 15:00	<b>Turtle Tots</b> 13:30 - 15:00
<b>Aqua</b> 11:15 - 12:00	<b>Aqua</b> 11:15 - 12:00	<b>Define Your Movement</b> 13:30 - 14:30	<b>Fitness Pilates (from 21st July)</b> 12:55 - 13:55	<b>Aqua</b> 11:30 - 12:15			
<b>Pilates</b> 13:30 - 14:30	<b>Turtle Tots</b> 14:00 - 15:00	<b>Hatha Yoga</b> 18:00 - 19:00	<b>Aqua</b> 13:00 - 13:45	<b>Hatha Yoga</b> 11:30 - 13:00			
<b>Smart Core</b> 18:00 - 18:30	<b>Express Kettlebells</b> 18:15 - 18:45	<b>Aqua</b> 18:30 - 19:15	<b>Silver Swans Ballet</b> 14:00 - 14:45	<b>Studio Cycling</b> 17:45 - 18:30			
<b>Defined By Movement and Mobility</b> 18:30 - 19:30	<b>Studio Cycling</b> 19:00 - 19:45	<b>Fitness Pilates (from 20th July)</b> 19:15 - 20:15	<b>Studio Cycling</b> 18:00 - 18:45	<b>DDPY</b> 18:45 - 19:30			