

Class timetable

at the Thorpe Park Hotel & Spa



Monday

Time	Class	Instructor
9.15am – 10.15am	● Aerobics	Martin
10.45am – 11.45am	● Yoga	Peter
1.30pm – 2.15pm	● Aqua	Louise
6.00pm – 6.45pm	● Spin	Jo
6.45pm – 7.45pm	● Boxercise	Jo
7.45pm – 8.45pm	● Pilates	Martin

Tuesday

Time	Class	Instructor
9.30am – 10.30am	● Step	Martin
10.30am – 11.30am	● Aerobic Vive	Martin
6.00pm – 7.00pm	● Body Blast	Andy
7.00pm – 7.45pm	● Pump fx	Sharon

Wednesday

Time	Class	Instructor
9.30am – 10.30am	● Best of Three	Chris
10.30am – 11.30am	● Core Balance	Chris
1.30pm – 2.15pm	● Aqua	Chris
5.45pm – 6.45pm	● Spinning	Spa Team
6.45pm – 7.45pm	● Aerobics	Martin
7.30pm – 8.15pm	● Aqua	Louise

Class booking procedure

To ensure your place on any of our classes it is advised that you book in advance. Classes can be booked up to 8 days in advance at reception or over the phone and are limited to two bookings per person. If the class is full you will be informed and placed on a reserved list if you wish.

If after booking you find that you cannot attend please inform us so we can let the place be filled, this can be done up to an hour prior to the class starting. Failure to attend without cancellation may result in any future booking being unavailable.

Thursday

Time	Class	Instructor
9.30am – 11.00am	● 30,30,30	Deane
11.00am – 12.00pm	● Pilates	Deane*
6.00pm – 7.00pm	● Circuit	Jo
7.00pm – 8.00pm	● Pump FX	Kylie

Friday

Time	Class	Instructor
9.30am – 10.30am	● Dancercise	Kimberley
10.30am – 11.15am	● L,B,T	Kimberley
6.00pm – 7.00pm	● Pilates	Catherine

Saturday

Time	Class	Instructor
9.15am – 10.15am	● Pump Conditioning	Kylie
10.30am – 11.30am	● Spinning	Mark

Sunday

Sunday	Class	Instructor
10.30am – 11.30am	● 20,20,20 Circuits	Jo

Studio guidelines

- Please arrive in good time prior to the class start time.
- Late attendees may not enter the class in order to minimise disruption and avoid injury.
- Members guests may book classes on the day if places are available.
- Non - marking soles will be required in the exercise studio.
- Drinks may only be taken into the studio in plastic containers.
- Classes may have alternative instruction to that advertised and reserve the right to change the instructor at any point.
- Please enjoy and use the classes and please have fun!

*This Pilates class is for anybody who has an understanding of Pilates. It will cover Pilates with and without equipment working the whole body inside out.