

MONDAY

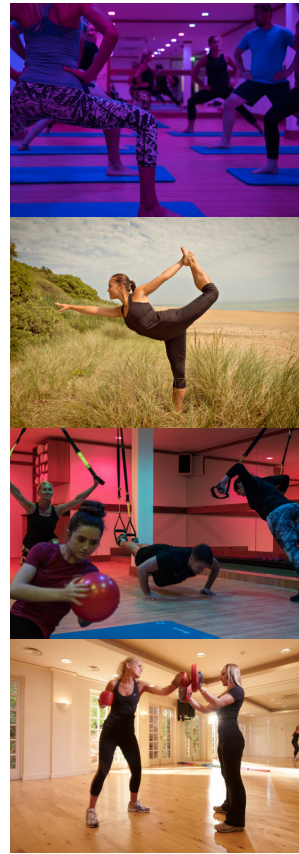
Circuits 07:00 - 07:45 2-3	Power and Pump 08:00 - 08:45 2-3	Spinning 09:00 - 09:45 2-3	Stretch & Strengthen 10:00 - 10:30 2	Beginners Yoga 11:00 - 12:00 1	Gentle Flow Yoga 12:15 - 13:15 2
Tennis Club Social 18:00 - 20:00 2	Mixed Ability Pilates 18:30 - 19:30 2				

TUESDAY

Kettle Bell 08:00 - 08:30 2	Flex & Stretch 08:45 - 09:30 1	All Over Tone 09:45 - 10:30 2	Ladies' Tennis Morning 10:30 - 12:00 2	Dance Aerobics 10:45 - 11:15 3	Aqua Aerobics 11:30 - 12:15 1-2
Mixed Ability Pilates 11:30 - 12:30 2	Advance Pilates 12:40 - 13:35 3	Circuits 17:30 - 18:15 2-3	Spinning 18:30 - 19:15 2-3	Yin Yoga 19:15 - 20:15 2	

WEDNESDAY

Fat Burn 07:00 - 07:45 2-3	FitBall 08:00 - 08:30 2	Spinning 08:45 - 09:30 2-3	Step 08:45 - 09:15 2	Dance Aerobics 09:30 - 10:00 2	All Over Tone 10:15 - 11:00 2	Beginners Pilates 11:30 - 12:30 1
Intermediate Pilates 12:45 - 13:45 2	Gym Technique 17:00 - 17:30 1	TRX 17:45 - 18:15 2-3	Aqua Pilates 18:30 - 19:00 1-2	Spinning 19:15 - 20:00 2-3		



CGG
Fitness Timetable

2024

Key



DIFFICULTY (1-3)

Location

- STUDIO ONE
- STUDIO TWO
- INDOOR POOL
- INDOOR TENNIS COURTS
- GYM
- HOTEL GROUNDS

THURSDAY

Vinyasa Flow Yoga 06:45 - 07:45 2 (🔁) JULES	Spinning 08:00 - 08:30 3 (🔁) RIA	Flex & Stretch 08:45 - 09:30 1 (🔁) RIA	All Over Tone 09:45 - 10:30 2 (🔁) RIA	Dance Aerobics 10:45 - 11:15 3 (🔁) RIA	Aqua Aerobics 11:30 - 12:15 1-2 (🔁) RIA
Restorative Yoga 16:00 - 17:00 1 (🔁) JOY	Box Fit 16:30-17:0 2 (🔁) JANA	Express Spin 17:15 - 17:45 3 (🔁) JANA	Power & Pump 18:00 - 19:00 2 (🔁) JANA		



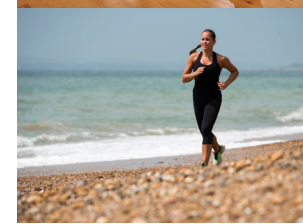
FRIDAY

HIIT 07:00 - 07:45 2-3 (🔁) MARTIN	Core Conditioning 08:00 - 08:45 2 (🔁) MARTIN	Spinning 09:00 - 09:45 2-3 (🔁) MARTIN	Mixed Ability Pilates 09:00 - 10:00 2 (🔁) AICHA	Tone 10:05 - 10:35 2 (🔁) AICHA	Dance Aerobics 10:45 - 11:15 2 (🔁) AICHA	Aqua Aerobics 11:30 - 12:15 1-2 (🔁) AICHA
Ladies' Tennis Coaching Morning 11:00 - 12:30 2 (🔁) MATT	Ladies' Afternoon Tennis 13:30 - 15:00 2 (🔁) MATT	Men's Tennis Coaching Afternoon 16:00 - 17:30 2 (🔁) MATT	FIRST FRIDAY OF THE MONTH Yoga Nindra Session 19:00 - 20:15 2 (🔁) JULES			



SATURDAY

Mixed Ability Yoga 07:45 - 08:45 2 (🔁) SUZIE	Mixed Ability Yoga 09:00 - 10:00 2 (🔁) SUZIE	Spinning 09:30 - 10:00 2-3 (🔁) JANA	Power & Pump 10:15 - 11:00 2 (🔁) JANA	Mixed Ability Pilates 11:15 - 12:15 2 (🔁) JANA
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SUNDAY

Spinning 09:15 - 10:00 2-3 (🔁) MARTIN	TRX 10:15 - 10:45 2-3 (🔁) MARTIN	Spinning 11:00 - 11:45 2-3 (🔁) MARTIN	Aqua Aerobics 12:00 - 12:45 1-2 (🔁) MARTIN	Restorative Yoga 15:45 - 16:45 1 (🔁) JOY	FIRST SUNDAY OF THE MONTH Club Tennis Morning 09:30 - 12:30 2 (🔁) MATT
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Fitness Timetable

2024

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DIFFICULTY (1-3)

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STUDIO ONE

INDOOR POOL

GYM

STUDIO TWO

INDOOR TENNIS COURTS

HOTEL GROUNDS