THE SPA
AT CULLODEN

SPA TIMETABLE

Autumn Timetable

DAY	TIME	CLASS	STUDIO
MONDAY	07:15-07:45	MORNING 30	UPPER
	09:30 – 10:00	SPIN 30	LOWER
	10:15 - 10:45	BOOGIE BOUNCE	LOWER
	10:30 – 11:30	PILATES	UPPER
	18:00 - 18:45	POWER PUMP	UPPER
TUESDAY	09:30 – 10:00	ZUMBA 30	UPPER
	10:10– 10:40	PUMP*	UPPER
	18:00 – 18:45	KETTLE BELLS	LOWER
	18:45 – 19:30	HATHA YOGA	UPPER
WEDNESDAY	09:30-10:00	BOOGIE BOUNCE	LOWER
	10:20 -10:50	ALL FIT	UPPER
	11:00 – 11:45	AQUA	POOL
	18:00-- 18:30	PUMP 30	UPPER
	18:30-19:00	SPIN 30	LOWER
THURSDAY	07:00-07:30	SPIN 30	LOWER
	09:30-10:15	ZUMBA 45	UPPER
	10:25-10:55	TOTAL BODY CONDITIONING*	UPPER
	18:00 – 18:30	MET CON	UPPER
	18:35 – 18:45	STRETCH IT OUT	UPPER
FRIDAY	07:15 – 07:45	BOOTCAMP RISER	UPPER
	09:30 – 10:15	SPIN & CORE	LOWER
	10:30 – 11:15	PILATES	UPPER
SATURDAY	09:30-10:30	YOGA	UPPER
	10:30-11:00	HIIT	LOWER
SUNDAY	10:00 – 11:00	SLO FLOW YOGA	UPPER
	11:00-11:45	SPIN & CORE	LOWER

BOOKING IS ESSENTIAL FOR ALL CLASSES

All forms of exercise can result in injury or illness you are participating in these classes at your own risk.