

NORTH LAKES  
HOTEL & SPA

# Class Timetable

October 2023

For full studio guidelines and terms and conditions  
scan the QR code below.



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## Monday

6:30 - 7:30	Body Pump	14:30 - 15:30	Pilates
9:00 - 10:00	Pure Stretch	17:30 - 18:30	Body Combat
10:00 - 11:00	Yoga	18:00 - 18:45	Spinning
11:15 - 12:15	Pilates	18:45 - 19:15	Body Pump Express
12:15 - 13:00	Aqua Aerobics	19:15 - 19:45	Body Attack
13:30 - 14:30	Body Tone		

## Tuesday

6:30 - 7:00	HIIT	11:45 - 12:30	Aquafit
7:00 - 7:30	Abs	14:00 - 15:00	Pilates
9:00 - 10:00	Body Pump	17:30 - 18:30	Body Pump
10:15 - 11:15	Body Combat	18:45 - 19:30	Body Conditioning
11:30 - 12:15	Spinning	20:00 - 21:00	Yoga

## Wednesday

6:30 - 7:30	HIIT & Abs	12:30 - 13:00	Body Pump Express
6:30 - 7:15	Spinning	13:00 - 14:00	Yoga
8:45 - 9:45	Body Pump & Balance	17:30 - 18:30	Body Pump
9:00 - 9:30	Low Intensity Spin	18:45 - 19:15	HIIT
10:00 - 11:00	Pilates	19:15 - 19:45	Body Attack

## Thursday

6:30 - 7:30	Circuits
7:45 - 8:45	Body Balance
9:00 - 10:00	Legs, Burns & Tums
10:00 - 10:45	Spinning
17:15 - 18:15	Body Combat
18:30 - 19:30	Yoga
19:45 - 20:45	Circuits

## Friday

6:30 - 7:30	Body Pump
6:30 - 7:00	Spinning
7:45 - 8:45	Body Balance
9:00 - 10:00	Body Tone
10:00 - 10:45	Spinning
10:00 - 11:00	Pilates
11:00 - 12:00	Pilates
17:30 - 18:30	Body Pump

## Saturday

8:00 - 9:00	Pure Stretch
9:15 - 10:15	Body Combat

## Sunday

10:15 - 11:15	Yoga
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