OULTON HALL
HOTEL, SPA & GOLF RESORT
THE QHOTELS COLLECTION

MONDAY	Time:	07:00 – 07:45	08:15 – 09:15	09:30 – 10:30	10:15 – 11:00	19:00 - 19:30		
	Class:	Total Body Blast	Pilates	Zumba	Aqua	Aqua		
TUESDAY	Time:	07:00 – 07:45	09:30 – 10:15	10:30 – 11:30	18:00 – 19:00	19:00 - 19:45		
	Class:	Total Body Blast	Pilates	Yoga	Zumba	Bootcamp		
WEDNESDAY	Time:	07:00 – 07:45	08:15 – 10:15	09:30 – 10:00	10:15 – 11:00	16:00 - 17:15	18:00 - 19:00	19:00 - 20:00
	Class:	Spin	Pilates	LBT	Aqua	Yoga	Vinyasa Yoga	MetaFit
THURSDAY	Time:	09:30 – 10:30	10:30 – 11:30					
	Class:	Zumba	Yoga					
FRIDAY	Time:	00:00 – 00:00	00:00 – 00:00	00:00 – 00:00	00:00 – 00:00	18:00 - 18:45		
	Class:	Total Body Blast	Zumba	LBT	Spin	Bootcamp		
SATURDAY	Time:	08:15 – 09:15	09:30 – 10:45					
	Class:	Yoga	Yoga					
SUNDAY	Time:							
	Class:							

Bootcamp	The goal of a fitness boot camp is to provide a whole-body workout that builds strength and aerobic endurance.
Yoga	It involves movement, meditation, and breathing techniques to promote mental and physical well-being.
Zumba	Zumba is a Latin-inspired dance workout that instructors say is primarily an aerobic workout
Pilates	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength.

Total Body Blast/MetaFit	combines using your own bodyweight, weights and cardio to shape your entire body.
Aqua	Low-impact, high-energy aquatic exercise
LBT	Legs, Bums & Tums is an aerobics lesson that focuses on stimulating the burning of fat and toning your figure.
Spin	Spin is a group indoor cycling class focusing on strength, speed, and endurance.