



OULTON HALL
HOTEL, SPA & GOLF RESORT
THE QHOTELS COLLECTION

CLASS TIMETABLE

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| MONDAY | Time: | 07:00 - 07:45 | 08:15 - 09:15 | 09:30-10:30 | 18:00 - 18:30 | 18:45 - 19:15 |
| | Class: | Burn It | Pilates | Mumba | Spin | Circuits |
| | Staff | Magan | Leanne | Wayne | Rob | Rob |
| TUESDAY | Time: | 07:00 - 07:45 | 08:00 - 08:30 | 09:30 - 10:15 | 10:30 - 11:30 | 18:00 - 19:00 |
| | Class: | Box Fit | LBT | Pilates | Yoga | Zumba |
| | Staff | Magan | Magan | Wayne | Laura | Helen |
| WEDNESDAY | Time: | 08:15 - 09:00 | 16:00 - 16:45 | 17:45 - 18:15 | 18:30 - 19:00 | |
| | Class: | Pilates | Yoga | LBT | Burn It | |
| | Staff | Leanne | Glynis | Magan | Magan | |
| THURSDAY | Time: | 09:30 - 09:15 | 10:30 - 11:30 | 10:30 - 11:15 | 17:45 - 18:15 | 18:30 - 19:00 |
| | Class: | Zumba | Yoga | Aqua | Circuits | Burn It |
| | Staff | Helen | Laura | Wayne | Magan | Magan |
| FRIDAY | Time: | 09:30 - 10:15 | 10:30 - 11:00 | 17:45 - 18:15 | 18:30 - 19:00 | |
| | Class: | Zumba | LBT | Circuits | LBT | |
| | Staff | Helen | Staff | Magan | Magan | |
| SATURDAY | Time: | 09:30 - 10:15 | | | | |
| | Class: | Yoga | | | | |
| | Staff | Glynis | | | | |
| SUNDAY | Time: | | | | | |
| | Class: | | | | | |

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|---------|--|----------|--|---------|--|
| Spin | Indoor cycling through varied intensities and terrain to music | Circuits | A full body workout using several stations | Burn It | This class is designed to burn fat using interval training |
| Pilates | Helps to mobilise the spine, correct posture, core musculature and balance | Box Fit | Box Fit uses boxing equipment and weights to increase your muscular and cardiovascular fitness | Aqua | Aquatic Class to improve cardiovascular and muscular fitness. |
| Zumba | A fun class that mixes body sculpting movements with Latin American dance steps | Step | This class focuses on lower body exercises using a step | Stretch | This is a short class to help you recover, using full body stretches |
| Yoga | Yoga focuses on flexibility and range of movement. Breathing is synchronised with movement to bring a meditative element | LBT | This class focuses on the legs, glutes and core using weighted exercises | | |