

Oulton Hall Studio Timetable

Commencing July 2018

Monday

06:45 LBT	Team
08:15 Pilates	Leann
09:30 Mumba Fit	Wayne
10:30 Spin	Team
18:30 Spin	Team
19:30 Circuits	Team

Tuesday

06:45 Spin	Team
08:30 Line Dancing	Molly
09:30 Pilates	Wayne
10:45 Aqua	Wayne
18:15 LBT	Team
19:30 Power Hour	Team

Wednesday

06:45 Circuits	Team
08:15 Pilates (1hr)	Leann
09:30 Spin	Team
10:30 Circuits	Team
16:00 Yoga (1hr)	Glynis
18:15 Circuit Training	Team
19:15 Yoga (1hr)	Glynis

Thursday

06:45 HIT	Team
08:15 Pilates	Leann
09:30 Zumba	Helen
10:30 Aqua	Wayne
11:30 Yoga (1hr)	Laura
18:15 Boxercise	Team
19:15 LBT	Team

Friday

06:45 Boxercise	Team
10:00 Pilates (1hr)	Wayne
17:00 Power Hour	Team
18:00 Circuit Blast (30mins)	Team

Saturday

10:00 Spin	Team
11:00 Power Hour	Team

Sunday

10:00 Sunday Stroll & Coffee	Team
17:00 Spin & Tone	Team



OULTON HALL

Yorkshire

Studio Rules & Regulations

All classes must be booked from a maximum of 7 days in advance

All participants must register at reception for each class

Always bring a drink and towel and try to arrive 10 minutes before the session commences

Late entry to classes will not be permitted

Appropriate clothing & footwear must be worn at all times

No outdoor shoes allowed in the studio

All new attendees must speak to the instructor regarding any health issues before taking part in a class

24 hours notice is required when cancelling a class

All sessions are 45 minutes unless otherwise stated