

CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15	Core Control (30 mins)	Pure Stretch (45 mins)	Kettlebells (45 mins)	HIIT (30 mins)	Circuits (45 mins)		
7:30							
7:45							
8:30						Tai Chi (1 hour)	
8:45							
9:00		Iyengar Yoga (1 hour)		Pilates Advanced (1 hour)	Bootcamp (45 mins)		
9:15							
9:30	Pilates Advance Course (1 hour) £		Zumba (1 hour)				Body Conditioning (45 mins)
9:45							
10:00	Aqua Fit (30 mins) 💧			Aqua Fit (45 mins) 💧		Pure Stretch (45 mins)	
10:15							
10:30							
10:45	Pilates Intermediate Course (1 hour) £		Hatha Yoga (1 hour)		Vinyasa Slow Flow Yoga (1 hour)		Legs, Bums and Tums (30 mins)
11:00		Aqua Fit (45 mins) 💧					
11:15							
11:30							
11:45							
12:00	Pilates Beginners (1 hour)	Pure Stretch Light (1 hour)	Gentle Yoga (1 hour)	Fitness Flow (1 hour)	Vinyasa Flow Yoga (1 hour)		
12:15							
12:30							
12:45							
13:00							
15:00		Fitsteps (1 hour)					
15:15							
15:30							
15:45							
16:00		Zumba (1 hour)	Pilates Beginner (1 hour)	Pure stretch (1 hour)			
16:15							
16:30							
16:45							
18:00	Fitness Flow (1 hour)	Kettlebells (45 mins)	Pilates Intermediate (1 hour)	Legs, Bums and Tums (45 mins)	Body Conditioning (45 mins)		
18:15							
18:30							
18:45							

PILATES COURSES

If you would like to guarantee regular intermediate or advanced Pilates sessions, you may book a Pilates Course. Pilates focuses on balance, breathing, posture, strength and flexibility. Each course is £60 for six consecutive sessions. Please book via the Fitness Centre Reception on 01491 570 518. *The course is run for six consecutive weeks, with one session each week. Any missed classes cannot be redeemed at a later date.*

For class descriptions or further information please visit members.phylliscourt.co.uk/your-fitness-centre

This timetable may be subject to change • 💧 Denotes pool based class • £ Denotes paid course