

SOLENT
HOTEL & SPA

Class Timetable

July 2024

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



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Monday

9:30 - 10:30	Circuits	Jack
10:45 - 11:30	Pilates	Manous
14:15 - 15:00	Aqua	Sian
18:15 - 19:00	Studio Spin	Dylan

Tuesday

9:30 - 10:15	Zumba	Sam
10:30 - 11:15	Pilates	Sam
18:15 - 19:15	Body Pump Les Mills	Joph
19:30 - 20:15	Body Balance Les Mills	Elliot

Wednesday

8:45 - 9:30	Aqua Fit	Emma
9:45 - 10:45	Body Pump	Emma
11:00 - 11:45	Season Yoga Fusion	Maddie
12:00 - 12:45	Yinn Meditation	Maddie
18:00 - 19:00	Body Combat Les Mills	Shane
19:00 - 20:00	Body Balance Les Mills	Elliot

Thursday

9:15 - 10:15	Body Combat	Bex
10:30 - 11:15	Aqua	Bex
11:45 - 12:30	Strength, Stretch and Tone	Christine
12:45 - 13:30	Yoga	Christine
18:15 - 19:15	Body Pump Les Mills	Joph
19:30 - 20:15	Studio Spin	Joph

Friday

9:15 - 10:15	Body Pump Les Mills	Vicky
10:20 - 11:20	Body Balance Les Mills	Vicky
11:45 - 12:30	Flow Yoga	Maddie

Saturday

10:15 - 11:00	Pilates	Sam
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Sunday

9:00 - 9:45	Studio Spin	Joph
10:00 - 11:00	Body Pump Les Mills	Joph